

## Palliative Massage Assessment

*Check, circle, or underline all that apply.*

Name of patient: \_\_\_\_\_  
Name of therapist: \_\_\_\_\_  
Date of assessment: \_\_\_\_\_

### Position

- ☐ supine in bed/hospital bed
- ☐ Fowler's, HOB slightly elevated
- ☐ high Fowler's, HOB nearly upright
- ☐ side lying, left/right
- ☐ geri chair
- ☐ wheelchair
- ☐ regular chair or sofa
- ☐ seated upright on edge of bed

### Level of arousal

- ☐ awake
- ☐ alert
- ☐ confused, mild/moderate/severe
- ☐ lethargic/weak
- ☐ fatigued/sleepy/groggy
- ☐ opens eyes but minimally responsive
- ☐ eyes partially open, no tracking
- ☐ eyes closed

### Communication

- ☐ able to make needs known
- ☐ hearing impaired, left/right/both ears
- ☐ use of communication device
- ☐ slow thought process/difficulty finding words
- ☐ slurred speech or mumbling
- ☐ word salad
- ☐ nonverbal

### Breathing

- ☐ unlabored, even
- ☐ deep, relaxed
- ☐ shallow
- ☐ rapid
- ☐ labored, use of accessory muscles
- ☐ audible snoring
- ☐ secretions, gurgling
- ☐ irregular
- ☐ periods of apnea, lasting \_\_\_ seconds
- ☐ room air
- ☐ O2 cannula
- ☐ BiPap or tracheostomy

### Skin

- ☐ color, jaundiced/cyanotic/pale
- ☐ temperature, febrile/sweating/warm/cool
- ☐ skin intact
- ☐ dry skin, surface peeling/scaling
- ☐ complaint of itching
- ☐ wounds: skin tears/lacerations/blisters/bandages  
locations: \_\_\_\_\_
- ☐ pressure injuries  
locations: \_\_\_\_\_
- ☐ areas of risk: skin touching skin/red/pink  
locations: \_\_\_\_\_
- ☐ constrictions (jewelry, hospital band, socks, elastic)  
locations: \_\_\_\_\_

### Abdomen and Torso

- ☐ distended (ascites)
- ☐ port-a-cath/catheters/devices
- ☐ surgical or radiation sites

### Extremities

- ☐ peripheral neuropathy
- ☐ nonfunctioning limbs/spasm/R lower/L lower/R upper/L upper
- ☐ fungal infection
- ☐ edema, R lower/L lower/R upper/L upper
- ☐ lymphedema, R lower/L lower/R upper/L upper
- ☐ weeping, location: \_\_\_\_\_
- ☐ amputation(s), R lower, L lower/R upper/L upper
- ☐ mottling, knees/feet/toes

### Face

- ☐ soft, relaxed
- ☐ facial grimace, furrowed brow
- ☐ swelling
- ☐ bruising
- ☐ laceration

**Psychosocial**

- ☐ quiet, calm, accepting
- ☐ quiet, subdued, resigned
- ☐ pleasant affect, conversational
- ☐ distressed, anxious
- ☐ withdrawn/depressed
- ☐ tearful
- ☐ caregiver present, family/professional
- ☐ caregiver not present
- ☐ caregiver supportive, engaged with patient
- ☐ caregiver tearful
- ☐ caregiver tension, anger or dissatisfaction with care

**Response to massage**

- ☐ fell asleep
- ☐ became relaxed, sigh, deeper breathing
- ☐ positive verbal feedback
- ☐ no change observed
- ☐ adverse response, increased agitation or patient asked to stop

**Additional Notes**

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