

K10 Prompt Sheet

This prompt sheet is to support you when the client fills out the K10. It is not a definitive question and answer list for all clients and all situations.

Grampians Region HACC Assessment Services



1. TIRED OUT FOR NO GOOD REASON	<ul style="list-style-type: none"> How long have you felt like this? Are you sleeping well? Are you in pain? Have you seen your GP about this?
2. FEEL NERVOUS	<ul style="list-style-type: none"> Are you more nervous than usual? How long has this been going on?
3. SO NERVOUS NOTHING COULD CALM YOU DOWN	<ul style="list-style-type: none"> Do you feel out of control? Can you distract yourself?
4. HOPELESS	<ul style="list-style-type: none"> Do you have plans for the future? Do you have things to look forward to? Are you satisfied with your life? Do you feel hopeful your situation will change?
5. RESTLESS OR FIDGETY	<ul style="list-style-type: none"> Do you find it difficult to relax or settle down? Do you feel uncomfortable in your own skin?
6. SO RESTLESS YOU COULD NOT SIT STILL	<ul style="list-style-type: none"> Are you pacing? Irritable? Are you talking more? Do you have nervous energy to burn? Are you more active than usual?
7. DEPRESSED	<ul style="list-style-type: none"> Do you feel sad much of the time? Is it worse in the morning or evening? Has your appetite changed? Do you still look forward to and enjoy your usual activities? Do you still enjoy seeing friends and family?
8. THAT EVERYTHING WAS AN EFFORT	<ul style="list-style-type: none"> Are you finding it more difficult to think clearly? Are you finding it more difficult to get things done? Are your energy levels lower? Are you keeping up with the housework?
9. SO SAD THAT NOTHING COULD CHEER YOU UP	<ul style="list-style-type: none"> Sometimes when people feel like this, they think about ending their life. Are you thinking about this? Have you thought about how you might do that? Do you have a plan?
10. WORTHLESS	<ul style="list-style-type: none"> Do you feel bad about yourself? Have you lost confidence in yourself? Do you think others would be better without you? Do you feel guilty about things from your past? Do you feel you don't deserve help?
10-19 Likely to be well 25-29 Likely to have a moderate level of distress	20-24 Likely to have a mild level of distress 30-50 Likely to have a severe level of distress

Consider asking the client if they can identify any particular reason that they feel this way.

Response to answers may 'open the flood gate'. That's ok.

It's ok to LISTEN and respond with "have you spoken to your doctor? Would you like me to contact your doctor?"

It's ok not to have all the answers.

GENERAL OBSERVATIONS:

Does the person look unkempt or dishevelled?	Are they making eye contact?
Are they moving differently than usual?	Are they behaving differently than usual?
Are they behaving in ways that are strange compared to others (talking to themselves or seeing things you can not)	Do they seem Irritable? Despondent? Withdrawn? Tearful? Excessively talkative or busy?
Are they confused or disorientated?	What does their environment look like?