

Myeloproliferative Neoplasm Symptom Assessment Form

A measurement tool for symptoms of myeloproliferative neoplasms (MPNs)

MPNs are a group of rare, chronic blood cancers that include polycythemia vera (PV) and myelofibrosis (MF). Using this form can help you track your symptoms and monitor how you are feeling over time, which may help you discuss your symptoms with your doctor.

The MPN Symptom Assessment Form Total Symptom Score (MPN-SAF TSS; MPN-10) lists 10 symptoms:¹

- Fatigue
- Filling up quickly when you eat (early satiety)
- Abdominal discomfort
- Inactivity
- Problems with concentration – compared to prior to my MPD
- Night sweats
- Itching (pruritus)
- Bone pain (diffuse not joint pain or arthritis)
- Fever (>100°F)
- Unintentional weight loss last 6 months

This is a validated tool recommended in the NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines[®]) for MPNs for the assessment of symptom burden at baseline and monitoring symptom status during the course of treatment.²

MPD, myeloproliferative disorder.
NCCN, National Comprehensive Cancer Network.



Myeloproliferative Neoplasm Symptom Assessment Form

Total Symptom Score (MPN-SAF TSS; MPN-10)¹

(Recommended in the NCCN Guidelines[®] for the assessment of symptom burden at baseline and monitoring symptom status during the course of treatment)²

Symptom	1 to 10 (0 if absent) ranking 1 is most favorable and 10 least favorable
Please rate your fatigue (weariness, tiredness) by circling the one number that best describes your WORST level of fatigue during the past 24 hours ^a	(No Fatigue) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Circle the one number that describes, during the past week, how much difficulty you have had with each of the following symptoms	
Filling up quickly when you eat (early satiety)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Abdominal discomfort	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Inactivity	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Problems with concentration – compared to prior to my MPD	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Night sweats	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Itching (pruritus)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Bone pain (diffuse not joint pain or arthritis)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Fever (>100°F)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Daily)
Unintentional weight loss last 6 months	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)

For healthcare professional use only: Calculate patient symptom score _____

MPD, myeloproliferative disorder.

NCCN, National Comprehensive Cancer Network.

^a Question used with permission from the MD Anderson Cancer Center Brief Fatigue Inventory[®].

Your name/initials:	
Date of assessment:	



Additional Information

For patient use: Fill out this form, thinking back on how you have felt during the past week.

Check the one box that describes the worst level of interference you had with performing daily and/or planned activities during the past week

No interference with activities

Unable to perform activities at all

1

2

3

4

5

Additional notes for your healthcare professional

After filling out this form, share your responses with your doctor or other healthcare professional.

For Healthcare Professionals

You may instruct your patients to complete this questionnaire on their own in order to capture their opinions on the impact of their MPN symptoms. It can be completed at home or while in your office. This questionnaire can also be used as a discussion guide during the office visit and when asking your patients about their MPN symptoms.

References: 1. Emanuel RM et al. *J Clin Oncol*. 2012;30(33):4098-4103. 2. Referenced with permission from the NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) for Myeloproliferative Neoplasms V.1.2024 © National Comprehensive Cancer Network, Inc. 2023. All rights reserved. Accessed March 4, 2024. To view the most recent and complete version of the guideline, go online to NCCN.org. NCCN makes no warranties of any kind whatsoever regarding their content, use or application and disclaims any responsibility for their application or use in any way.



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