**Symptom Diary**

**What is a symptom diary?**

A symptom diary can be used to record your symptoms, pain, and management strategies in one place to be reviewed by your medical staff. E.g. GPs, Health Practitioners, Nurses, Midwives or Dentists.

The symptom diary should be reviewed by medical staff at your health appointments as a diagnostic tool to help them understand your health experience.

**Reminder: Please return your completed symptom diary at your next medical appointment, if you are unsure when to return your symptom diary then please confirm with your GP or relevant medical staff.**

**How to use your diary**

You can use your diary daily, weekly, or monthly to record your symptoms, pain, and management strategies. This will allow you and your GP to monitor your symptoms without you having to recall them at your appointments. You may also wish to add additional entries if new symptoms occur.

**Date**: Record the date for each entry. E.g. 13.05.21.

**Symptoms and Duration**: Write, type, or draw a description of your symptoms and their duration. E.g. squeezing digestive discomfort lasting up to 3 hours. We can also help you to create a storyboard explanation if you feel this would be most helpful.

**Pain (if present):** Write, type, or draw a description of the pain if present; use the Leeds Autism AIM pain scales if needed.

**Impact on Life**: Write, type, or draw a description of the impact your symptoms have on your life. E.g. being unable to walk to the shops due to discomfort.

**Management Strategies:** Write about any symptom management strategies you may use . E.g. painkillers or dietary changes.

**Impact of Management Strategies**: Explain if the management strategy was effective or ineffective.

**Side Effects of Management Strategies:** Write down any additional symptoms you experience after implementing a management strategy or that you feel could be related. E.g. Rash, irritation or sickness. **Please seek immediate medical attention if you experience significant side effects E.g. Blurred vision, breathing changes or heart palpitations.**

**The Symptom Diary**

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| **Date** | **Symptom(s) and Duration** | **Pain (if present)** | **Impact on Life** | **Management Strategies** | **Impact of** **Management Strategies** | **Side-effects of Management** **Strategies** |
| 11.02.2022(EXAMPLE) | Ocular migraine | Sharp stabbing pain between eyes | Unable to complete daily tasks | Laying in a dark room, avoiding electronics or screen time and taking over the counter painkillers | Effective | Drowsy, Isolation and disruption of routine |
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