

Chapter 4 / Growth Opportunity: Time for a History Lesson

Symptom diaries create an opportunity for a clinician and patient to learn from the individual lived experience. This is where the expertise of all involved can be combined for the greatest impact. I purposely avoid a specific disease or type of symptom to record, but rather encourage documenting notable aspects of a person's day and night. This may sound too broad, but by defining what someone should include, we also indirectly define what they should ignore and not capture, but may still be relevant.



Symptom(s)

Onset and
Offset

Severity and
Associate
Disablity

Modifying
Factors

Medication
timing, dose
and effects

Sleep

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Sunday

Symptom(s)

left sided throbbing headache, difficulty concentrating, tired, feel dizzy/faint, restless broken sleep, nausea, sound worsened headache

Onset and Offset

Terrible Night sleep - restless and woke up at 3 am and had a hard time falling back to sleep, woke up feeling so tired and with mild headache; Headache - woke up with mild headache left side throbbing headache, skipped breakfast due to nausea; pain worsened at 1:30 pm; Difficulty concentrating at work, took longer to complete work

Severity and Associate Disability

RBS - woke unrefreshed and maybe contributed to my headache; needed a nap; Headache - 3/10 - "can power through it" in AM, skipped breakfast bc of HA and nausea; tried to avoid meds; worsened to 9/10 and conceded to take ibuprofen; difficulty concentrating - wanted to leave work, took longer to do work and quality not great, left work early to nap. Skipped dinner

Modifying Factors

Lots of coffee all day help feel more alert and also help my headache some; Coffee made me feel less sleepy but worsened nausea and headache; possibly new cleaning products at work made me feel like I was stabbed in eye; left work early to nap at 330 pm, nap helped more than medication for my headache and was able to catch up on some work at home

Medication timing, dose and effects

ibuprofen 600 mg 3 pm when headache was 9/10 brought it down to 7/10

Sleep

