

## Symptom Diary: Example

Tracking your pain in a symptom diary, such as the one included at the end of this booklet, is a good habit to develop because it helps you identify what causes or exaggerates your symptoms. Below is an example of how to complete your diary to keep track of pain.

			SYMPTOMS OR SIDE EFFECTS							
Date	What I did	What I ate/ drank	What <ul style="list-style-type: none"> <li>side effect or symptom</li> </ul>	Description <ul style="list-style-type: none"> <li>where</li> <li>what it felt or looked like</li> </ul>	Duration <ul style="list-style-type: none"> <li>when did it start</li> <li>when/how often it occurred</li> <li>how long it lasted</li> </ul>	Severity <ul style="list-style-type: none"> <li>how bad was it</li> <li>on a scale of 1 to 10 1=Mild 10=Severe</li> </ul>	Effect <ul style="list-style-type: none"> <li>how it affected you</li> </ul>	Management <ul style="list-style-type: none"> <li>what you did to relieve it</li> <li>how well it worked</li> </ul>	Other comments	
16/8/11	<b>Treatment/ medication</b> e.g. IV hydrocortisone pre-chemo. e.g. Head and neck massage (Chinese therapist).  <b>Other activities</b> e.g. Worked on computer for 5 hours; went for an hour's walk; 2 hours of housework (washing, vacuuming).	<ul style="list-style-type: none"> <li><b>Breakfast</b> e.g. 2 x toast/vegemite, 1 cup black tea</li> <li><b>Lunch</b> e.g. 1 cup chicken noodle soup, 1 apple</li> <li><b>Dinner</b> e.g. Small bowl of pasta/vegetables; 1 scoop vanilla ice-cream</li> <li><b>Snacks</b> e.g. Handful rice crackers and hummus; 3 cups water with lemon; 1 low-fat latte</li> </ul>	1. e.g. Pain	e.g. Ache in shoulders and neck, with occasional shooting pain into head	Woke with pain – all day	e.g. 4	Stiff movements – too sore to hang out washing.	Stretching, massage, Panadol – massage eased it for an hour but returned	e.g. slept restlessly, woke early, busy all day but felt tired.	
			2.							
			3.							
			4.							