

NAME:

GENERAL SYMPTOM LOG

Date	Time (If It Applies)	Condition	Symptoms	Medication	Symptoms Experienced (Daily Notes)

Signature:

Date:

Considerations for Different Conditions

Joint Considerations: Focus on reporting the limitations on range of motion, impacts the condition has upon daily function and movement of limbs and extremities, coordination, pain, reduced dexterity, and or/weakness. Record any medications taken, either over the counter or prescribed, such as Ibuprofen, Cyclobenzaprine (Flexeril), or Methocarbamol (Robaxin).

Nerve Considerations: Focus on reporting instances of tingling, pain, numbness, discomfort, loss of sensation, reduced dexterity, or limited motion and function of extremities. Record any medications taken, either over the counter or prescribed, such as Gabapentin.

Respiratory Considerations: Focus on reporting the severity and frequency of symptoms. Be sure to record any necessary treatments you undergo (whether in or out patient), any hospitalizations, and/or doctor's visits. Ensure you record the date, facility, and treating physician for any medical visits. Record any medications taken, either over the counter or prescribed, such as Prednisone and an inhaler.

Skin Considerations: Focus on reporting instances of pain, irritation, flare ups, location of the skin condition, and instability in scars. Record any medication taken, either over the counter or prescribed, such as Hydrocortisone cream.

If any of these conditions cause mental distress in anyway (for example, experiencing depression as a result of pain in a nerve or joint), please also complete a Mental Health Log to document your symptoms as appropriately.