

Dnevnik simptomov

Vodeni dnevnik za 30 dni

Mešano

Ustvarjeno z LoomJournals

Kako uporabljati ta dnevnik

Dobrodošli v svojem dnevniku! Tukaj je nekaj nasvetov, kako ga kar najbolje izkoristiti:

- 1 Vsak dan si vzemite nekaj minut za pisanje
- 2 Bodite iskreni in pišite svobodno, brez obsojanja
- 3 Poskusite pisati vsak dan ob istem času, da si ustvarite navado
- 4 Tedensko preglejte svoje zapise, da opazite vzorce

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- Vsak dan izpolnite zgornji razdelek sledilnika -- na lestvici 1--10 ocenite bolečino, resnost, razpoloženje, energijo, kakovost spanja in stres ter odključajte, če ste vzeli zdravila
 - V razdelku Podrobnosti simptomov opišite, kaj ste čutili: vrsto občutka, lokacijo, kdaj se je začelo in koliko časa je trajalo
 - Uporabite razdelek Sprožilci in kontekst, da zabeležite, kaj ste počeli, jedli ali doživljali pred pojavom simptomov
 - V razdelku Zdravila in kaj je pomagalo zabeležite zdravila, odmerke in kaj je simptome izboljšalo ali poslabšalo
 - Uporabite razdelek Beležke za mojega zdravnika za vprašanja, skrbi ali opazke za naslednji obisk
 - Tedensko preglejte zapise, da prepoznate ponavljajoče se vzorce, in jih delite s svojim zdravnikom



Skenirajte za podroben vodnik o uporabi tega dnevnika

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Datum _____

Raven bolečine (1-10):

1	2	3	4	5	6	7	8	9	10
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Resnost:

1	2	3	4	5	6	7	8	9	10
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Razpoloženje (1-10):

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Raven energije (1-10):

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Kakovost spanja:

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Raven stresa (1-10):

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Zaužito zdravilo:

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PODROBNOSTI SIMPTOMOV

Opiši vsak simptom: kaj čutiš, kje natanko, kdaj se je začelo, kako dolgo traja

SPROŽILCI IN KONTEKST

Kaj si počel/a, jedel/a ali čutil/a pred pojavom simptomov? Zapiši aktivnost, hrano, vreme, stres

ZDRAVILA IN OLAJŠANJE

Zaužita zdravila (ime, odmere, čas). Kaj je simptome ublažilo ali poslabšalo? Oцени učinkovitost

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Kaj si počel/a, jedel/a ali čutil/a pred pojavom simptomov? Zapiši aktivnost, hrano, vreme, stres

ZDRAVILA IN OLAJŠANJE

Zaužita zdravila (ime, odmere, čas). Kaj je simptome ublažilo ali poslabšalo? Oцени učinkovitost

DNEVNIK SIMPTOMOV



Datum _____

Raven bolečine (1-10):

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Resnost:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Razpoloženje (1-10):

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Raven energije (1-10):

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Kakovost spanja:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Raven stresa (1-10):

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Zaužito zdravilo:

☐

PODROBNOSTI SIMPTOMOV

Opiši vsak simptom: kaj čutiš, kje natanko, kdaj se je začelo, kako dolgo traja

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