Lupus Progress Diary

LUPUS UK

Introduction

This progress diary is to help you keep an ongoing record of your condition and to allow your doctor and/or nurse to monitor your health between appointments.

The diary enables you to record any changes - positive or negative - as and when they occur. **It is important that you fill in these pages on the actual day - it can be very difficult to remember exactly how you were feeling a few days earlier.** Space is also provided for you to write down any concerns or questions to make sure you do not forget to mention them at your next appointment.

A space is provided for you to record the date and time of your next appointment.

Try to remember to take this diary with you to your next appointment.

You may also wish to take this diary with you when you go on holiday, in case you need to see a doctor while you are away.

General Information

Date:

Name:

Address

Date of birth:

Do you have any allergies? Yes No
If yes, please list

List any vaccinations within the last 12 months:

Provide any other information you think your doctor should know:

Important Medical Contact Details

	Name	Address	Telephone	E-mail
GP				
Hospital				
Consultant				
Nurse				
Other				

Your Current Medication

Please complete the following chart with the help of your doctor or nurse

Medication	Dosage	Route of Administration *(Oral, Subcut, Infusion)*	Frequency	Start Date	Date Discontinued *(if applicable)*

Additional Comments

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Additional Comments

Keeping a Diary

Every time you see your doctor or nurse, he or she will ask how you have been feeling since your last appointment. This information is important to help guide your treatment over the coming weeks and months.

The following table will help you keep a record of your condition. Use it to write how you are feeling and what activities you can and cannot do.

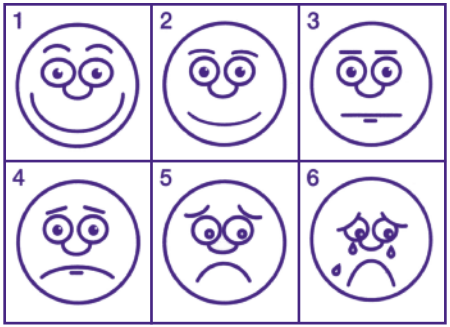
For example, you could record, 'Pain in hands disturbed sleep', or 'Went swimming today, no pain.'

Try to consider the following symptoms and signs when you make your entry:

- Joint pain
- Rash
- Fever
- Fatigue
- Difficulty sleeping

Also record any positive events or achievements.

Look at the faces below to help score how you are feeling today: (1= feeling great, 6= worst possible feeling). To help record how you are feeling overall, write the corresponding number each day in the following diary pages.



Use the notes pages to record any questions or concerns you have, and mention these at your next appointment.

Progress Diary

Date	How You Feel	Comment

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My next Appointment is:

Date	Time	Where	Who with	Other information

My next Appointment is:

Date	Time	Where	Who with	Other information

My next Appointment is:

Date	Time	Where	Who with	Other information

My next Appointment is:

Date	Time	Where	Who with	Other information

LUPUS UK is the only national registered charity supporting people with systemic lupus and discoid lupus and assisting those approaching diagnosis. LUPUS UK presently has over 5000 members and a number of Regional Groups around the UK who arrange medical talks, publish local newsletters, set up local occasions and organise fundraising events. LUPUS UK also produces an informative national magazine with lupus articles, letters, reports and photographs, and and funds lupus research and specialist lupus nurses.

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