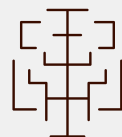


# My priorities for managing my Parkinson's disease

## Parkinson's disease

This is a planner to help you or the person who cares for you prepare for your next visit to your doctor, specialist nurse or other member of your healthcare team.



neurotorium





How much different do you feel since the last time you visited your healthcare provider?

## Your priorities

Think about the top 3 things that you want to discuss with your healthcare provider during your visit. What do you want to tell, or learn from, your healthcare provider? This could be in relation to your treatment plan, side effects that you are experiencing with your medication or how to manage your symptoms.



Priority 1

Priority 2

Priority 3


## Your symptoms and how you feel

It's important to track any symptoms you may have had and whether their occurrence has changed over time. To help you manage your disease, it's useful to recognise changes in your symptoms.


In this section, note whether you have experienced any of these symptoms, how bothersome they are, if they are getting worse, the time of day they occur and whether you have noticed a change in their occurrence. It's important that you provide an honest account, even if the symptoms are mild or do not occur often.

 <b>Symptom</b>	<b>Experience of this symptom (Yes/No)</b>	<b>How bothersome is it? Is it getting worse?</b>	<b>Occurrence (time of day) and is it happening more often?</b>
Shaking or having tremors			
Feelings of stiffness or rigidity in movement			
Slowness in movement			
Unwanted acceleration of movement			
Pain			
Losing balance or falling over			
Difficulty with speech (clarity or volume)			
Difficulty in swallowing			
Significant weight loss			
Constipation			
Unable to concentrate			
Forgetful			
Hallucinations			
Tired or fatigued			
Difficulty falling asleep or staying asleep			


Note any other symptoms you may have had and how often they occur. If a troubling new symptom happens, tell your healthcare provider immediately – do not wait until your next visit.

 <b>Other symptoms/aspects affecting daily activities</b>	<b>Occurrence (eg, multiple times each day, once a day, every other day, once a week, etc)</b>

Describe your feelings and how often you feel like this.

 <b>Have you felt any of the following?</b>	<b>How often do you feel like this?</b>
Lack of interest in things/activities	
Lack of pleasure in things you used to enjoy doing	
Anxious, frightened or panicky	
Unhappy or flat	
Other feelings	


Describe any changes you have made to your lifestyle. These could be changes to your diet, your activity levels, starting a hobby or joining a support group.


 <b>Changes I have made to my lifestyle</b>


# Your medications

Record any medications you are taking for Parkinson's disease, indicating whether you feel they are working, as well as any side effects that you may have noticed, especially if you feel the medication is wearing off before the next scheduled dose. It's also a good idea to bring all the medication that you are taking (for Parkinson's disease as well as for other medical conditions, both prescribed and those purchased over the counter), in the packaging in which the medication is provided, with you at each visit.

It's important to talk with your healthcare team before you consider stopping any of your prescribed treatments for Parkinson's disease.

 Prescribed medications for Parkinson's disease, dosage and frequency	Notes (Do you feel that the medication is working? Have you had any side effects? Is the medication wearing off before the next dose is due?)


 Other prescribed medications, dosage and frequency	Notes

 Non-prescribed medications, dosage and frequency (eg, vitamins and herbal or dietary supplements, drug use)	Notes




## Your therapy sessions

Detail any therapy sessions you are involved in and whether you feel these are useful for you.

 Therapy I am being given	Notes (Do you feel that it is working? Do you think it is useful?)

## Questions for your healthcare provider

Write down any questions you may want to ask your healthcare provider at your next visit.

 Questions for my healthcare provider (eg, you may want to ask about other treatment options you have come across or more information about Parkinson's disease)



During your visit, take notes of anything that you think is important here.



**Visit notes (What was discussed? How and when to take your medications?  
What happens next?)**

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