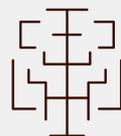


My priorities for managing my schizophrenia

Schizophrenia

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



neurotorium



Has anything changed since your last visit?

Empty space for writing answers to the question above.

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

Empty space for writing priority 1.

Priority 2

Empty space for writing priority 2.

Priority 3

Empty space for writing 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 illness, it's useful to recognise the signs you are becoming unwell.

In this section, note whether you have experienced any of these symptoms since your last visit, how

bothersome they are, if they are getting worse and whether you have noticed a change in their occurrence. It's important to mention all aspects of your symptoms and how you felt about them, even if the symptoms are mild or do not occur often, to make sure you are recommended the most appropriate care.

 Symptom	Experience of this symptom (Yes/No)	How bothersome is it? Is it getting worse?	Occurrence and is it happening more often?
Loss of appetite			
Disturbed sleep			
Feeling anxious or stressed			
Feeling suspicious or fearful			
Lack of energy			
Social withdrawal			
Difficulty concentrating			
Difficulty making decisions			
Loss of memory			
Hearing voices			
Other			



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

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

Describe your feelings over the past few weeks and how often you feel like this.

 My feelings (eg, sad, happy, flat)	Occurrence

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

 Changes I have made to my lifestyle

Your medications

Record any medications you are taking for schizophrenia, indicating whether you feel they are working, as well as any side effects that you may have experienced with them. How well do you stick to taking your medication – do you always take your medication, or do you sometimes miss it or forget to take it?

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

 Prescribed medications for schizophrenia, dosage and frequency	Notes (Do you feel that the medication is working? Have you had any side effects?)	How well do you stick to taking this medication?

 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 schizophrenia)

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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