

ACUTE CONDITION REPORT

DESCRIBE YOUR NEW PROBLEM with the below pointers as a guide:

LOCATION:

- *Part of body (throat, lower right abdomen) and side (right or left)*
- *Progression of symptoms. eg. problem started on the right and moved to the left and then down the leg then developed a sore throat and muscle aches*

MODALITIES:

Describe factors that worsen and improve your symptoms

- *Hot weather and noise make vertigo worse*
- *urinating, and eating makes abdominal pain better*

SENSATIONS:

Sensations of what your symptoms feel like.

- *Burning, stitching, throbbing, electric, cold pain for instance.*
- *My headache feels like it is in a vice*

CONCOMITANTS:

Any symptoms that accompany your problem

- *Whenever I get a headache, I feel nauseated and feel bloated.*
- *When I urinate, I feel faint and weak and chilled*

EMOTIONS/MOOD:

Any changes in mood

- *I feel irritable and don't want to be disturbed by others.*
- *My mood is weepy*

GENERALITIES about your body:

- *Food cravings since illness*
- *desire for warm or ice cold drinks*
- *thirsty or lack of thirst*
- *feel worse in general with noises, lights, with company or other environmental factors*

POSITION of EASE:

Describe the position you assume or avoid with symptoms

- *I want to curl up on my right side in the dark*
- *I have to put my head down and get warm under the covers*
- *I am very restless, unable to maintain one position for very long*