

Cardiomyopathy^{UK}
the heart muscle charity

My symptom diary



My symptom diary

For many people with cardiomyopathy, keeping track of their symptoms is a key part of managing their condition and living well with cardiomyopathy.

'My symptom diary' has room for you to keep notes on your symptoms, as well as your key medical information. As it contains personal information you might want to keep it safe. It can be useful to keep it up to date and take it to your appointments.

Not all of the information here will be relevant for everyone, and you may not have equipment to record all of this (for example, your blood pressure). You can just fill in the information that applies to you and that you want to include. We have included some suggested scales, for example, to measure your sleep and energy levels, or you can create your own. See page 9 for more information.

About me

Name _____

Address _____

Phone _____

In case of emergency please contact:

Name _____

Phone _____

Relationship _____

My medical information

My hospital number

My NHS number

My diagnosis and type of cardiomyopathy

My symptoms and how they affect me

My ejection fraction (if relevant)

My device

(If you have a pacemaker or ICD record the details of it here.)

Type of device _____

ID or serial number

Settings

My healthcare professionals

GP _____

Surgery _____

Tel _____

Email _____

Cardiologist _____

Hospital _____

Tel _____

Email _____

Specialist nurse _____

Hospital _____

Tel _____

Email _____

Pacing clinic _____

Hospital _____

Tel _____

Email _____

Using the diary

This diary lists various things that might be useful to record about your condition, symptoms and lifestyle.

Some of the suggested information may not be relevant to you, or you may not be able to monitor it. There may also be other things that you want to record which aren't included. You can re-name the headings on the following pages so that they are relevant for what *you* want to record.

Here are some suggested ways you can record information:

- as written text (such as what exercise you have done);
- as facts and figures (such as your blood pressure or medication doses);
- as a scale using our suggested symbols such as smiley faces for mood or stars for your energy level;
- as a 'RAG' scale: R = red, A = amber, G = green (for example, for the severity of your symptoms);
- as a scale, for example 1 - 5 for how much your symptoms affect you; or
- any other way you would like to record this information.

My medication

Use this space to write down details of all of your medication for cardiomyopathy, as well as any you take for other reasons. You can add any side effects you are having, or anything else you want to make a note of.

Name of medication	Type of medication	Dose and when you take it	Side effects or other notes
<i>For example bisoprolol or spironolactone</i>	<i>For example a beta blocker or diuretic</i>		

Other ways to monitor your health

There are lots of tools for monitoring your symptoms and managing your health condition. These include the following.

Activity trackers - using wireless technology, these record your heart rate along with daily activities such as walking and climbing stairs. Examples include FitBits, Garmin and Misfit. *Visit www.which.co.uk/Fitness-Trackers for a review of different types of tracker.*

Kardia Mobile from AliveCor - a device which can measure medical information, including ECGs, via an Apple or Android smartphone. *Visit www.alivecor.com for more information.*

Health and fitness Apps - these can be used on smartphones and tablets. Some include information you add manually, and some hold details of medical information (such as your 'in case of emergency' contacts). *Search your phone or tablet for settings, or the [Apple App Store](#) or [Google Play](#) for Android.*

Summary of terms

AED – an automated external defibrillator, that detects abnormal heart rhythms and gives an electric shock to get the heart back into a normal rhythm.

Arrhythmia – abnormal heart rhythms (such as atrial fibrillation and heart block).

ECG – a test that uses small electrodes to look at the heart's rate and rhythm, by recording its electrical activity.

Echo – a scan that looks at the structure and function of the heart using ultrasound (high frequency sound waves).

Ejection fraction – the amount of blood that is pumped out of the heart when it contracts, compared to the amount of blood within the heart. It is one way of assessing how well the heart is working. This is usually used for people with dilated cardiomyopathy.

ICD (implantable cardioverter defibrillator) – a form of treatment used to monitor the heart rhythm and give an electric shock to the heart if it detects a dangerous rhythm.

Pacemaker – a device that helps the heart to beat in a normal rhythm.

Quotes in purple are from other people with cardiomyopathy about what they find helpful.

This diary was written with help from people living with cardiomyopathy who tested it and gave us feedback. It also contains tips from people about what helps them to manage their condition. We are grateful for their comments and insights.

If you have any comments about this diary and how we can improve it please email us: contact@cardiomyopathy.org

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You can find us at www.cardiomyopathy.org



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Support in realtime via Live Chat

We rely on donations to fund our work supporting people affected by cardiomyopathy. For details about supporting us, go to our website.

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