

My Diary

Once you have set up your diary, you can use it on a regular basis to record when you have a seizure, how you feel, if you have missed medicine or taken extra, or if there were any factors that could affect your seizures. The entries will show up on a diary page like the examples below.

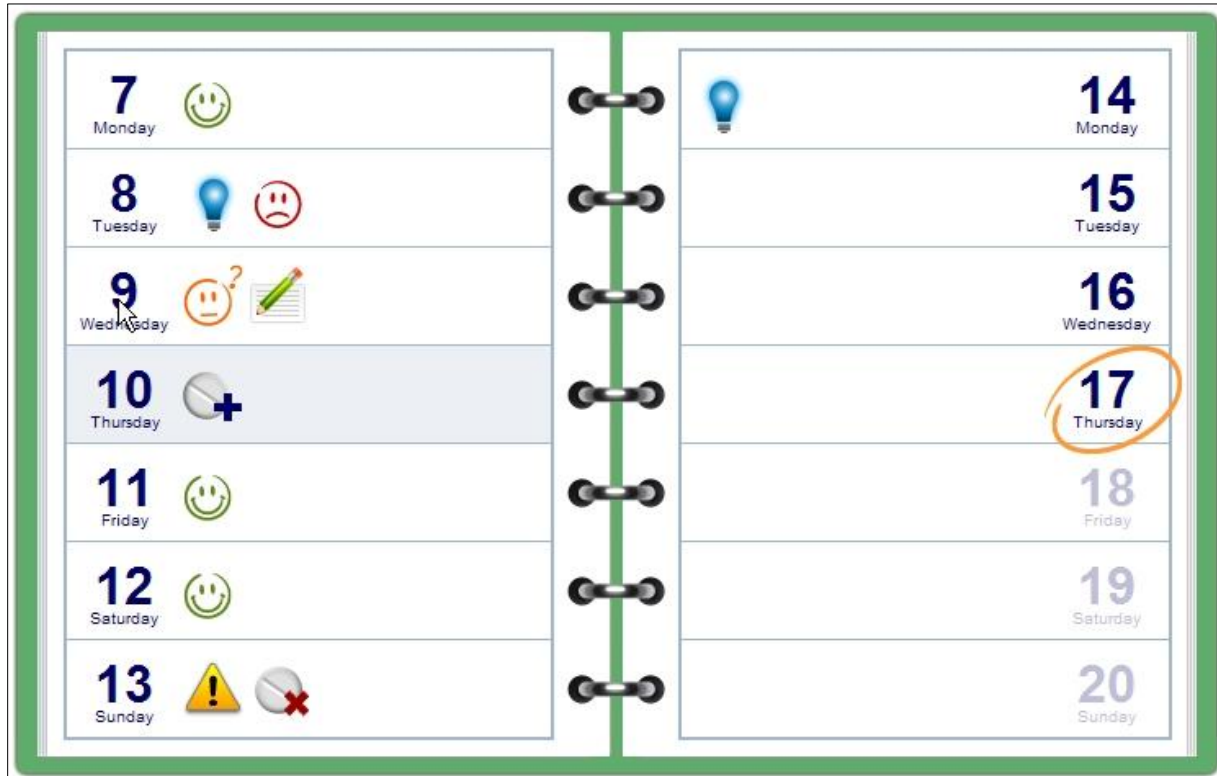


Figure 35. Example of 2 weeks of the diary

How do I change the dates that I am looking at in my diary?

You have 2 choices. You can use the buttons below the diary to page through or you can select a specific date from the drop down menus above the diary.

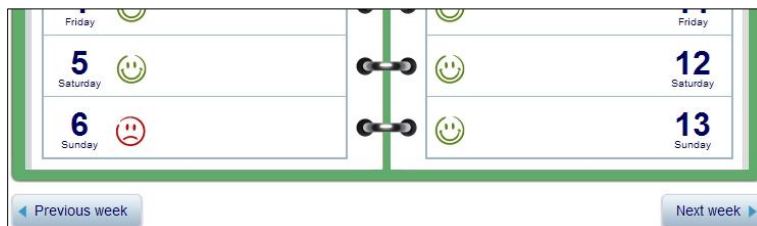


Figure 36. Date navigation buttons below the diary.

Just select the year, month or date from the drop-down menu above the diary. (See Figure 37.) Then click the **GO** button.

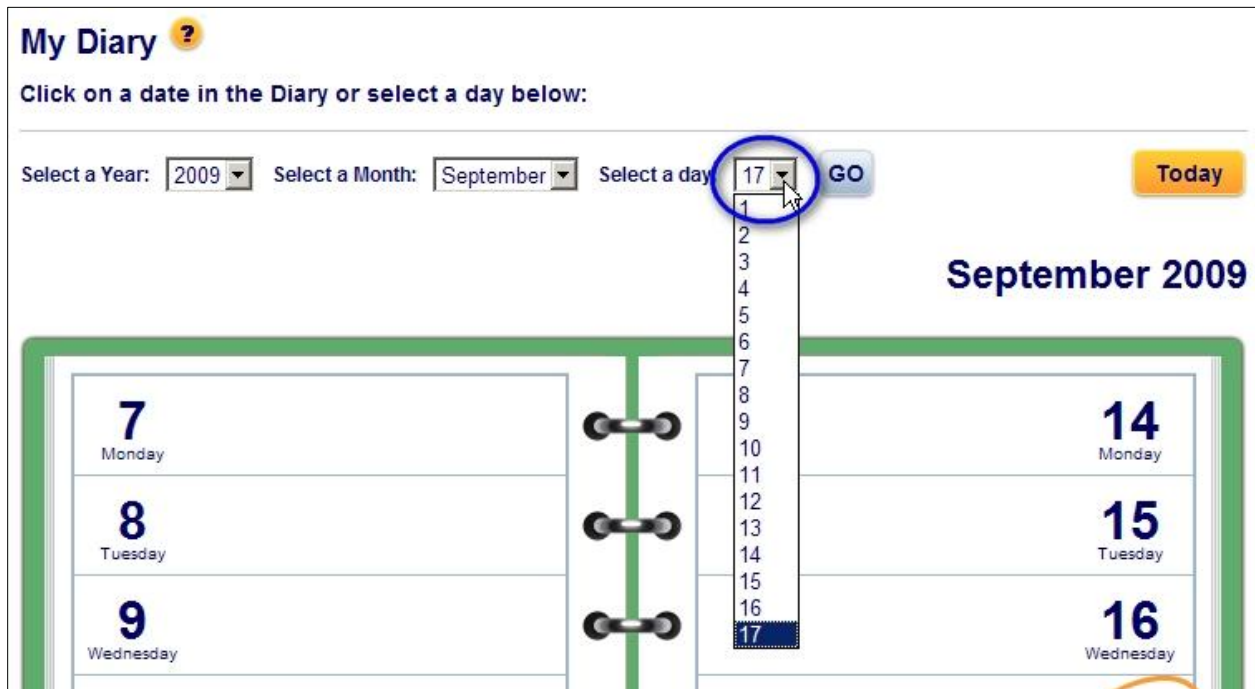


Figure 37. Selecting a different date view of the diary

The page will refresh with an updated view of your diary. For example, if I select September 7 and click the **GO** button the page refreshes to the one below.

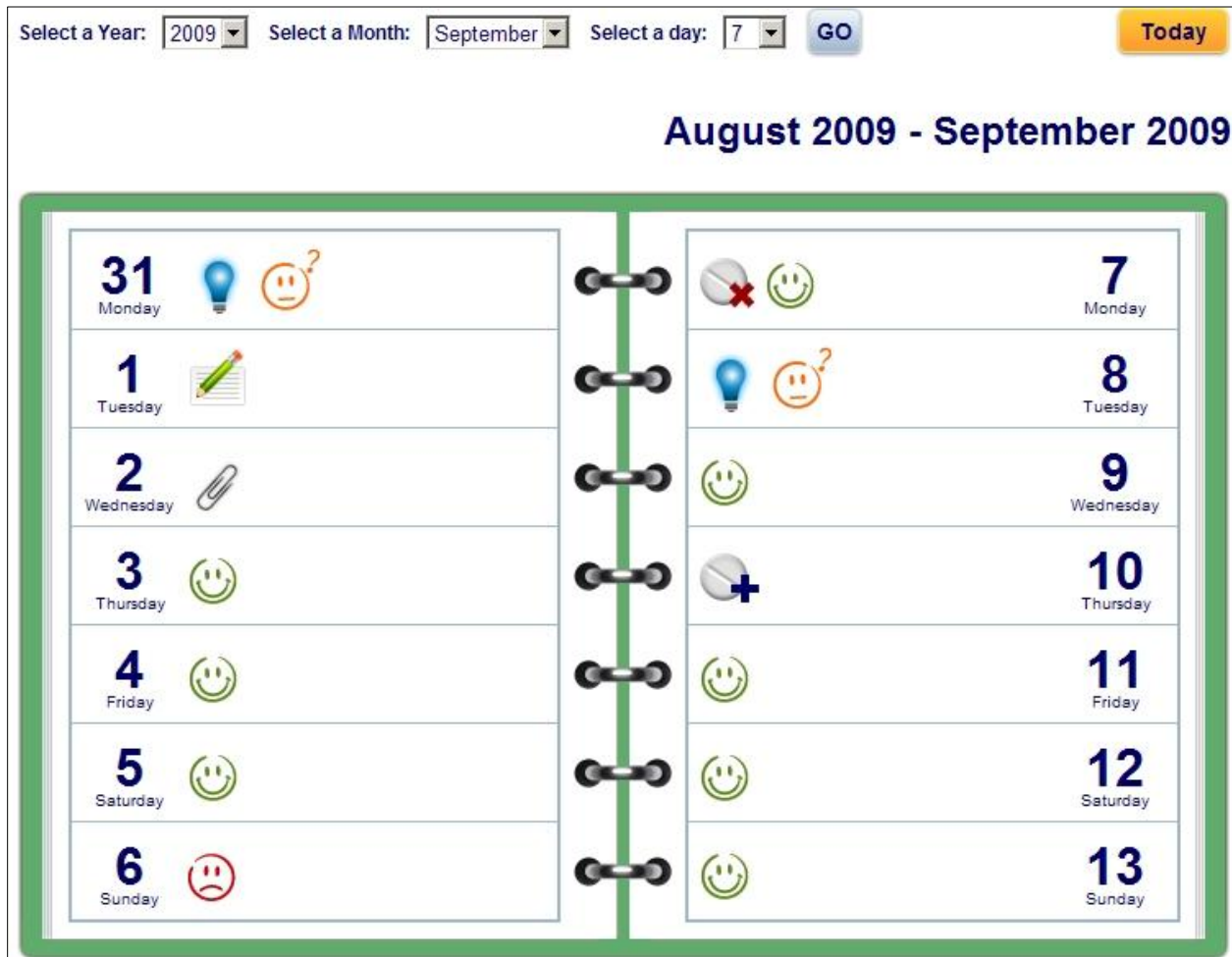



Figure 38. Updated view of the diary on a different date.

How do I enter information into my diary?

To enter information into your diary for today:

1. Click on the date section in the image OR the  button.

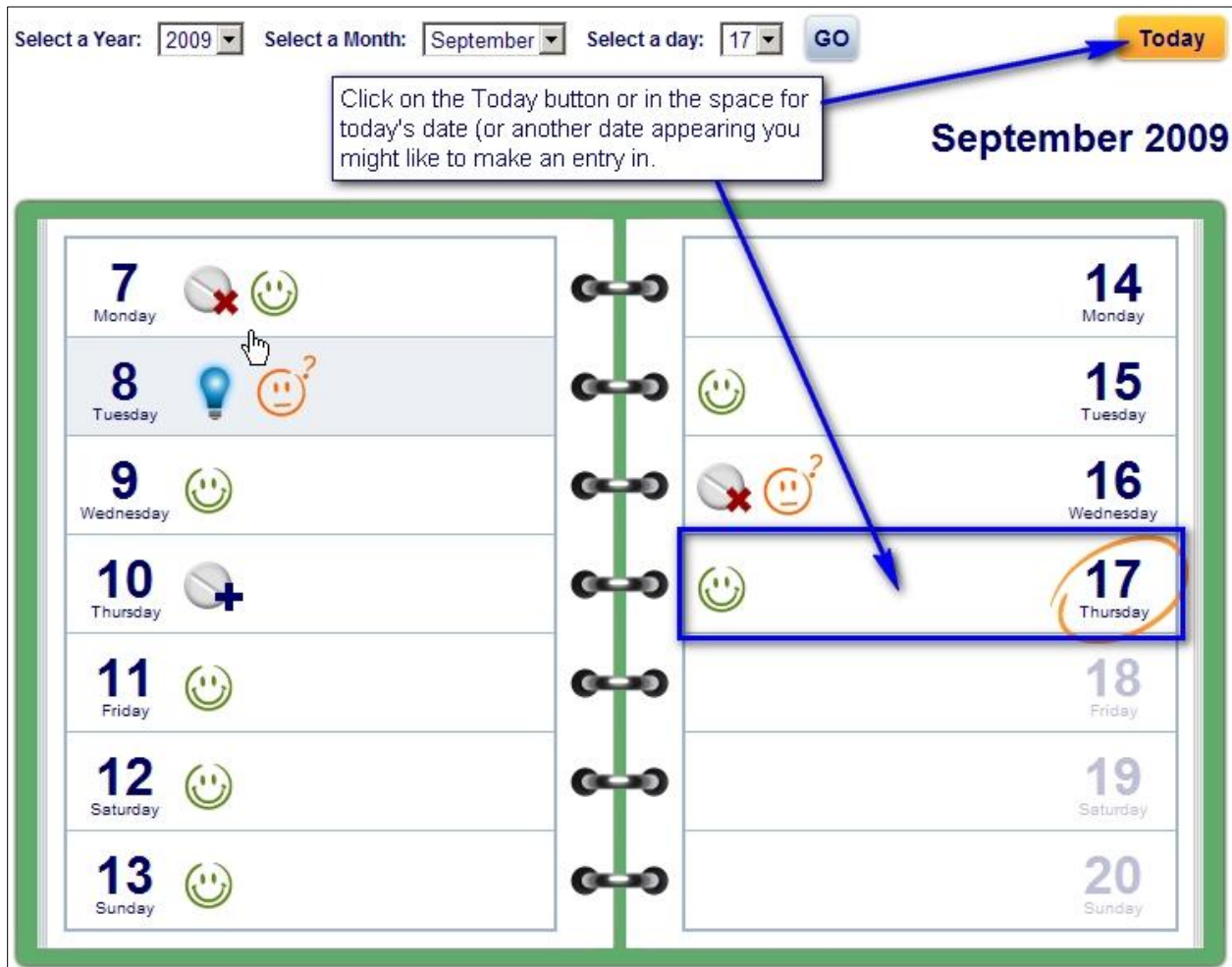



Figure 39. How to enter information today.

2. A page will open that has all of the choices you have for information to enter. If you have a question about a choice, just place your cursor (or mouse) over the little ? and a bubble will appear with information about that choice. (See Figure 40.) In the image below, hovering over the ? gives you information on where to find the seizure information in the drop-down menu.

The screenshot shows a form titled "Please fill in the form below:". It contains several fields:

- A lightbulb icon followed by the question "Do you have a seizure to enter?".
- Two radio buttons: "Individual seizure(s)" (selected) and "A seizure cluster".
- A "Type:" dropdown menu with "-- select seizure or cluster type --" and a yellow question mark icon. A speech bubble points to this icon with the text "Define your seizures at the About Me page.".
- A "Time of day:" field with "00:00am" and a yellow question mark icon.
- A "Duration:" field with radio buttons for "Seconds", "Minutes" (selected), and "Hours".
- A "Number of this type on this day:" field with "1" and a yellow question mark icon.
- A link: "Add another seizure or cluster for this day".
- A link: "Remind me what seizure or cluster types I defined".
- A "What was the primary trigger?" dropdown menu with "Select a Trigger" and a yellow question mark icon.
- A link: "Add another trigger".

Figure 40. Here the Help Bubble from the ? tells you where the names in the dropdown list come from.

3. [Enter your seizure event.](#)
4. Be sure that when you are done you click the  button.

Recording Your Mood

There are 3 different moods that you can post to a day. Logging into your diary and posting even just your mood each day can help you see patterns in your life. You can see the mood choices in the image below.



Figure 41. Mood choices

Recording Events

There are 6 types of events that can be logged in your diary. You can see them in the image below. These are each events that you can record in your diary and quickly see in the **My Diary** view.



Figure 42. Types of Events

I had a seizure

The first thing you can put in your diary each day is if you had a seizure or not. It's simple.

1. Select an individual seizure or a cluster
2. Select the type of seizure from the drop down list. This list comes from About Me > My Seizures

It is important that you define all of your seizures here for accurate tracking.


Click on [Remind me what seizure or cluster types I defined](#) for more information about the seizure types in your drop-down menu under Type. Details on your seizure types will display. Click again and they will disappear.

3. Enter the time of your seizure
4. Enter the duration or how long the seizure lasted. Don't forget to select the button next to **seconds**, **minutes**, or **hours**.
5. Select the number of these types of seizures or clusters from the dropdown menu if it is not #1.


If you need to enter another seizure event, click on [Add another seizure or cluster for this day](#) and repeat steps a-e.


6. Select the primary trigger for your seizure or cluster if you know what it is. If there is more than one trigger, click on [Add another trigger](#).
7. Now enter mood, medicine, and side effects information as well as any notes or even any files you want to attach to your record for the day. (See the following sections of information for detailed instructions.)

Please fill in the form below:

 Do you have a seizure to enter?

Individual seizure(s) A seizure cluster

Type:  Time of day: Duration:

Number of this type on this day: 
(Use count if more than 5/day). Or -




Seconds Minutes Hours

[Add another seizure or cluster for this day](#)



[Remind me what seizure or cluster types I defined](#)



What was the primary trigger? [Add another trigger](#)



Select your mood:


 Happy  Not sure  Sad

Medicine event:

 I missed some medicine. 


 I took an extra medicine. 


 I took my medicines. 

 Did you experience side-effects from your medicine?

No

Yes. Side effect Type: Severity: [Add another side effect](#)

 My Notes:

 Add photos, documents and files attachments to this record:

Upload your file: [upload another file](#)

Figure 43. Adding a seizure to your diary.

I missed some medicine

If you miss taking a medicine that you normally take at a scheduled time, enter that here.

1. Click in the **I missed some medicine** checkbox.
2. A drop down menu will open with a list of the medicines you have entered in your diary. Select the medicine you missed.
3. Be sure to scroll down and click on **Save to Diary**.



Medicine event:

 I missed some medicine. ?

Select the medicine(s) you missed:

- Keppra 20mg
- Ativan 0.5mg
- acetazolamide 125mg
- aspirin
- alleve 600mg
- claritin-d 5mg
- Vitamin C 1000mg
- Coenzyme Q10 35mg
- probiotics 0mg

Figure 44. Example of missed medicine.

I took extra medicine

If you have to take any extra medicines, be sure to add them to your diary.

1. Click in the **I took an extra medicine** checkbox.
2. A drop down menu will open with a list of the medicines you have entered in your diary. Select the medicine you took.
3. Be sure to scroll down and click on **Save to Diary**.



Medicine event:

 I missed some medicine. ?

 I took an extra medicine. ?

Select the medicine(s) you took extra:

- Keppra 20mg
- Ativan 0.5mg
- acetazolamide 125mg
- aspirin
- alleve 600mg
- claritin-d 5mg
- Alleve 600mg
- Vitamin C 1000mg
- Coenzyme Q10 35mg
- probiotics 0mg

Figure 45. Adding an extra medicine that was taken.

I took my medicines

Keep track when you take your regular medicines. This also helps you track patterns with your medicines.

1. Click in the **I took all my medicines** checkbox.
2. A drop down menu will open with a list of the times of day. Select the times of day you took all of your medicines. **IMPORTANT: The time of day must be selected for this to be recorded.**
3. Be sure to scroll down and click on **Save to Diary**.



 I took my medicines. 

Select the medicine(s) you took:


- Morning
- MidDay
- DinnerTime
- BedTime
- Additional

Figure 46. Recording taking my medicines.

I experienced side effects

When you experience a side effect with your medicine, be sure to enter that in your diary.


1. Select No or Yes.
2. If you selected Yes, select what the side effect was from the **Side Effect Type** drop down menu.
3. Select how severe the side effect was from the **Severity** drop down menu
4. Be sure to scroll down and click the **Save to Diary** button.


 **Did you experience side-effects from your medicine?**

No

Yes. Side effect Type: Severity: [Add](#)

[another side effect](#)

 **My Notes:**

 **Add photos, documents**

Upload your file:

Select Side Effect

Agitation: feeling agitated or very upset

Anger/hostility: easily irritated, angry or hostile

Apathy: unusual lack of feeling

Confusion

Depression: feeling depressed or down

Dizziness/lightheadedness

Double vision, blurred vision

Excitability: feeling very excitable or hyper

headache

Incoordination: poor coordination, clumsy

Indigestion, nausea or vomiting, change in bowel habits

Memory or attention problems, other cognitive problems

Psychological problems

Skin reaction to drug, for example rash

Sleepiness, tiredness

Speech changes

Tension: feeling tense or anxious

Thinning or loss of hair, change in texture

Tremor, shaking

Unsteady walking

Weight change/ appetite change

[Other]

Figure 47. Adding a side effect to your diary.

My Notes

The My Notes entry allows you to enter information about anything that is not captured in the diary. Enter anything you think is important that you want to remember on this day here.

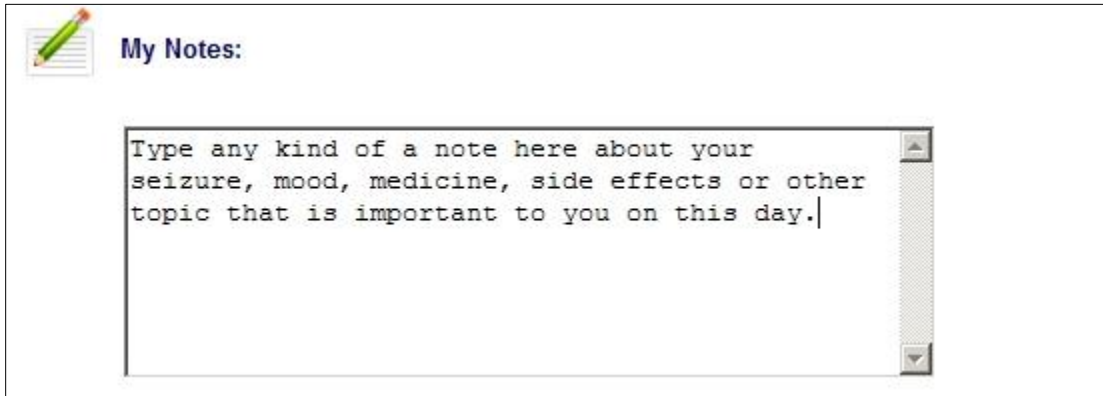


Figure 48. Adding a Note to your diary.

Attachments



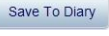

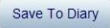
This part of the diary entry allows you to save photos, documents and other files to this day's record that you think are important to the diary entry.

1. Click on the Browse button.
2. A dialogue box will open for you to find the file you want to save that is on your computer. Highlight that file with your cursor.
3. Click OK.
4. If you have another file to save, click on [upload another file](#) and repeat steps 1 – 3.
5. Click on **Save to Diary**.



Figure 49. Saving a file to a diary entry.

How can I edit an entry? I made a mistake and I need to make a change.

1. Go to **My Diary**.
2. Select the date.
 - **For a change today:** Click the  button or in today's space in the diary. Make the change and click  .
 - **For another date that you see on the page:** Click in that date's space. Make the change and click  .
 - **For a date that you don't see on the page:** Select the date you want from the dropdown menu above the diary and click  . When the page refreshes and the diary re-appears, click on the date you are looking for. Make your edit and click  .

My Reminders

Reminders are tools that you can use to remember when to take a medicine, that you have a doctor appointment, when to get your prescription for medicines refilled, or to remind you of anything else you need a reminder for (like a reminder to make a diary entry). The two (2) types of reminders are Emails and Text Messages. You can have your reminders sent one or both ways to remind you.

Setting up Reminder Methods

To setup the way you prefer to receive your reminder(s), either click on [click here](#) or [edit](#) next to the way you would like to be reminded. (See Figure 50.) If you would like to be reminded by both email and text message, be sure to repeat this process to setup the method you haven't setup yet.