

IAB

Interdisciplinary Working Group
for Movement Disorders

Interdisziplinärer Arbeitskreis
Bewegungsstörungen

Patient Diary

iabnetz.de

Communication

Education

Information

Dear Patient,

dystonias such as spasmodic torticollis (cervical dystonia, torticollis), blepharospasm, writer's cramp etc. are a group of very different and usually chronic conditions. Until now their treatment has mostly been frustrating.

This changed dramatically with the advent of the botulinum toxin therapy. This therapy is now by far the most successful treatment of dystonia.

In order to produce optimal results the botulinum toxin therapy has to be tailored to your specific needs. This patient calendar shows the efficacy of your botulinum toxin therapy over time. It shows when the therapeutic effect kicks in, how long it lasts and when it starts to fade away. It also allows to compare the efficacy of the treatment cycles over time indicating when the treatment schedule needs adjustment.

All this is valuable information to your physician to optimise the outcome of your botulinum toxin therapy.

IAB wishes you all the best for a successful botulinum toxin therapy.

Patient Diary

Instructions for using the Patient Diary

- 1** Please complete the diary every night before you go to bed.
- 2** Please circle the percentage that best describes your dystonia symptoms today. 0% indicates that you do not feel any dystonia symptoms at all, 100% that your dystonia is at its most extreme. For ratings between 0% and 100%, circle the percentage that seems appropriate. Use examples A and B for guidance.
- 3** You may find it difficult to specify your symptoms in intervals of 5%. However, these small increments will help you to record precisely slight changes in your dystonia symptoms occurring from one day to the next.
- 4** Record everything you find interesting on that day in the “Comments” column. Use example C for guidance.
- 5** Please bring your diary to each office visit.

Examples

- A** Cervical dystonia has been diagnosed but not yet treated in a female patient. Her dystonia symptoms are at 100%. After starting botulinum toxin therapy her dystonia symptoms are reduced to 20% on most days. After about two months, the efficacy of the treatment slowly declines and her dystonia symptoms again get back to 60%. About one week after repeating the treatment, her dystonia symptoms again decrease to 20% on most days.
- B** A male patient has dystonia symptoms of 50% from 7 AM to 3 PM. By the time he goes to bed, they increase to 70%. Judging the entire day 60% would be the best description.
- C** A female patient plays 2 hours of tennis twice a week. She records this diligently in her patient diary and sees that her dystonia symptoms are twice as severe on these days than on other days. She reduces her tennis sessions to 45 minutes, and her dystonia symptoms are no longer deteriorating.

Day

Dystonia Symptoms
in % of maximal untreated dystonia symptoms

1	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
2	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
3	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
4	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
5	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
6	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
7	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
8	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
9	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
10	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
11	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
12	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
13	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
14	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
15	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
16	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
17	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
18	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
19	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
20	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
21	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
22	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
23	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
24	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
25	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
26	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
27	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
28	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
29	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
30	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	
31	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	100	

Comments

Patient

Date of Birth

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Condition