

Post-Covid-19 Recovery Clinic Symptom Self Discovery Tool



WARNING: this is an educational tool that is designed to help empower patients struggling with COVID-19 related symptoms. To allow them to self-discover the underlying patterns to their symptom fluctuations over time. This tool does not constitute medical guidance for one's symptoms. There are known medical complications of COVID-19 infections and use of this tool should in no way replace receiving expert guidance and advice from a physician.

How to use this Tool:

Section 1: Identify Symptoms

Step 1: over the past 1-2 weeks, reflect on the most bothersome symptoms you are experiencing and write them in order of most bothersome.

Step 2: each day document how severe your symptoms are on a scale of 0-10 for each symptom. 0 = symptom not present. 10 = symptom is maximum severity.

Section 2: Identify Stressors

Step 1: Identify key stressors in your life that are likely to trigger symptoms, write them down under the categories of “Physical Stressors”, “Cognitive Stressors”, and “Emotional/Social Stressors”. Prioritize activities in your life that a) repeat frequently, or b) you really value being able to do.

Physical Exertion	Cognitive Exertion	Emotional/Social Exertion
Walking	Work	Anxiety/Worrying
Biking	Answering emails/screen time	Crying/other emotions
Household Chores	Planning meals	Socializing >3 people
Grocery shopping	Attending Doctors Appointment	Socializing <3 people
Meal Preparation	Driving a car	
ADL's (bathing, dressing, grooming)	Computer time	

Step 2: Identify a key unit to attempt to keep track of how much (or how intense) each activity you do each day is.

Simple Examples: minutes of activity, Intensity level (scale 0-10),

Step 3: each day document how much of each activity you do in the units you specified in the previous step.

Section 3: Analyze results

Step 1: Pick a day when your symptoms reach levels that are unacceptably high

Step 2: Look at the levels of stressor's you experienced over the preceeding 3 days to identify any potential triggers that may have exacerbated your symptoms.

Tips:

- If you are having trouble identifying triggers, attempt to pare down your activities to only those you deem essential to your daily living, then re-introduce them in a stepwise fashion.
- As you re-introduce activities, start with activities that you feel are important to your overall sense of wellness, and increase them by no more than 10-15% every 3 days to make sure that they do not exacerbate your symptoms
- If you are having difficulty managing with a particular subset of symptoms, feel free to reach out to your doctor for advice/support around navigating these.
- Remember: the goal is do as much activity as possible without flaring your symptoms. Be mindful of adopting sedentary habits that may lead to further deconditioning.

Dates: _____

Section 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Symptom: _____	/10	/10	/10	/10	/10	/10	/10
Symptom: _____	/10	/10	/10	/10	/10	/10	/10
Symptom: _____	/10	/10	/10	/10	/10	/10	/10
Symptom: _____	/10	/10	/10	/10	/10	/10	/10
Symptom: _____	/10	/10	/10	/10	/10	/10	/10

Section 2

Physical Exertion:

1) _____ Units: _____							
2) _____ Units: _____							
3) _____ Units: _____							
4) _____ Units: _____							
5) _____ Units: _____							

Cognitive Exertion:

1) _____ Units: _____							
2) _____ Units: _____							
3) _____ Units: _____							
4) _____ Units: _____							
5) _____ Units: _____							

Emotional/Social Exertion:

1) _____ Units: _____							
2) _____ Units: _____							
3) _____ Units: _____							
4) _____ Units: _____							
5) _____ Units: _____							