

Patient information

How to Complete your Activity Chart

Occupational Therapy/ Therapies

Planning, pacing, prioritising and problem solving can help you manage your pain and fatigue.

It can be difficult to assess how much energy you use on different tasks during the day or week.

To gain a better understanding on how your daily tasks affects your pain and fatigue it can be useful to monitor your activity for one week.

On the activity chart, record your activities, when you do them, how long they take and the energy levels you use.

- Mark the activity as red when it's a high energy task. High energy is whatever you consider it to be- it could be physically demanding (washing up, gardening), mentally challenging such as (office work, shopping online) or emotionally intense (family/ friends' meetings).
- Colour the activity yellow if it's low energy. This is when you're doing something which isn't using a lot of physical, emotional, and mental energy (light housework).
- Use green for rest time, for example when you're reading or watching TV.
- Use blue for sleep.
- When your pain or fatigue is very noticeable, for example, you have had to stop what you were doing, sit down or go to bed to rest, put a cross through the activity.

At the end of the week, look back at your diary and ask yourself the following:

- Did you pace, plan and prioritise your activities?
- Did you take regular rest breaks?
- Did you alter your activities frequently to change your posture, alter the demands on your body?
- Did you sleep through the day?
- Did you plan enough time for socialising and completing enjoyable tasks?
- Did you find time for relaxation?

- Are there long blocks of high-energy activity with no rest breaks?
- What changes will you make next week?

Completing your activity chart will provide you with information on how you are currently organising your week and whether making small changes could help you to manage your pain and fatigue better.

Repeating the process of completing your activity chart can be helpful once you have implemented changes, to see if the changes you have made have improved your pain and fatigue.

Activity / Pain Monitoring

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am – 6am							
Pain Score							
6am – 7am							
Pain Score							
7am – 8am							
Pain Score							
8am – 9am							
Pain Score							
9am – 10am							
Pain Score							
10am – 11am							
Pain Score							
11am – 12pm							
Pain Score							
12pm – 1pm							
Pain Score							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1pm – 2pm							
Pain Score							
2pm – 3pm							
Pain Score							
3pm – 4pm							
Pain Score							
4pm – 5pm							
Pain Score							
5pm – 6pm							
Pain Score							
6pm – 7pm							
Pain Score							
7pm – 8pm							
Pain Score							
8pm – 9pm							
Pain Score							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9pm – 10pm Pain Score							
10pm – 11pm Pain Score							
11pm – 12am Pain Score							
12am – 5am Pain Score							

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Occupational Therapy Service

Royal and Broadgreen Hospitals

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Aintree Hospital

Tel: 0151 529 8047

Text phone number: 18001 0151 529 8047

National Rheumatoid Arthritis Society

The Switchback, Gardener Road, Maidenhead, SL6 7RJ

Helpline 0800298 7650

General Enquiries: 0845 4583969

<http://www.nras.org.uk/>

Arthritis Research UK

Copeman House, St Marysgate, Chesterfield, Derbyshire, S41 7TD

Telephone: 0300 790 0400

<http://www.arthritisresearchuk.org/>

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایم تراسته‌وه پسه‌ند کراون، نه‌گمر داوا بکریت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گموره، شریتی دهنگ، هیلی موون و ئملیکترونیکی هه‌یه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.