

FOLLOW-UP VISIT REPORT

Name: _____

Appt. Date: _____

Phone #: _____

1.) Remedy taken: (Indicate date and reason for repeating in a few words):

2.) Changes Noticed:

a.) Initial aggravations (when and percentage):

b.) Symptoms which have gotten better (when and percentage):

c.) Symptoms which have gotten worse (when and percentage):

d.) Symptoms which have not changed:

e.) New symptoms: duration/indicate if new symptoms occurred in the past:

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FOLLOW-UP VISIT REPORT

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Appt. Date: _____

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1.) Remedy taken: (Indicate date and reason for repeating in a few words):

Pulsatilla 200C on May 5. Puls. 200C repeated on June 15 because of relapse of sadness, arthritis, tiredness and headaches starting on June 12.

2.) Changes Noticed:

a.) Initial aggravations (when and percentage):

Arthritis, tiredness and sadness 15-20% worse the first 2 days after each dose.

b.) Symptoms which have gotten better (when and percentage):

-Arthritis: after the initial aggravation, it progressively improved. It got 70% better until 1 week ago. Now, only 30% better.

-Sadness: much less (80%). Feel happier starting shortly after the first dose of the remedy until 1 week ago. Now only 40% better.

-Energy: was better, went from 3 to 8. It is down to 6 since 1 week.

-Headaches: I had only 2 headaches since Puls. until 10 weeks ago. (Usually I get a headache once a week.)

-Sleep: has been deeper since Puls. until 1 week ago.

-Desire for pastry has been less until 1 week ago.

c.) Symptoms which have gotten worse (when and percentage):

-Eczema: 20% worse since the first dose of the remedy. Now, it is stable.

-Feel warmer at night in bed.

d.) Symptoms which have not changed:

-Biting my nails

-Teeth clenching during sleep

e.) New symptoms: duration/indicate if new symptoms occurred in the past:

-In the last week, I have been more tired as my mother became sick and I had to take care of her around the clock.

-Thirsty for icy cold water (unusual). It slowly appeared since Puls.

-Desire for spicy food in the last 4-5 weeks.