

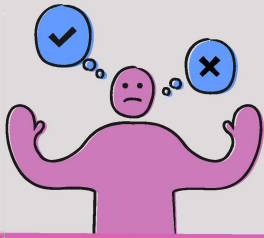
# SYMPTOM TRACKER



*This is a fictional patient. For illustrative purposes only.*

# CANCELING PLANS, HIDING HANDS, TAKING TIME OFF WORK AGAIN...

- Sometimes, it can feel like Chronic Hand Eczema (CHE) is making every decision, big and small.



Talking about Chronic Hand Eczema (CHE), even to family and friends, can be hard. Some people with Chronic Hand Eczema (CHE) might feel like their symptoms aren't serious enough to see a healthcare professional, or maybe that no one understands what it feels like.

Communicating the effects of Chronic Hand Eczema (CHE) might be difficult, especially as symptoms can change over time. Hands may not look as bad as they did during a previous flare-up. On top of this, it can be hard to bring up the less visible impacts that CHE can have: the mental, emotional and social effects.



*Keeping track of symptoms and feelings between appointments can help a healthcare professional understand the full impact of Chronic Hand Eczema (CHE) and how it might be affecting daily life.*

*This is a fictional patient. For illustrative purposes only.*

# PHYSICAL SYMPTOMS

Started tracking:

Stopped tracking:

1. On your worst day since tracking, how would you rate the following symptoms out of 5

*Itch*

1

2

3

4

5

*Pain*

1

2

3

4

5

*Cracking*

1

2

3

4

5

*Redness*

1

2

3

4

5

*Dryness*

1

2

3

4

5

*Flaking*

1

2

3

4

5

*Any other symptoms  
(like erythema or scaling)*

1

2

3

4

5

Not bad  
at all

Extremely  
badly

2. How much would you say these symptoms affected you during this time?

1

2

3

4

5

Not bad  
at all

Extremely  
badly

3. Did these symptoms impact your sleep at all?<sup>5,25</sup>

1

2

3

4

5

Not bad  
at all

Extremely  
badly

4. How many days did your longest flare last?

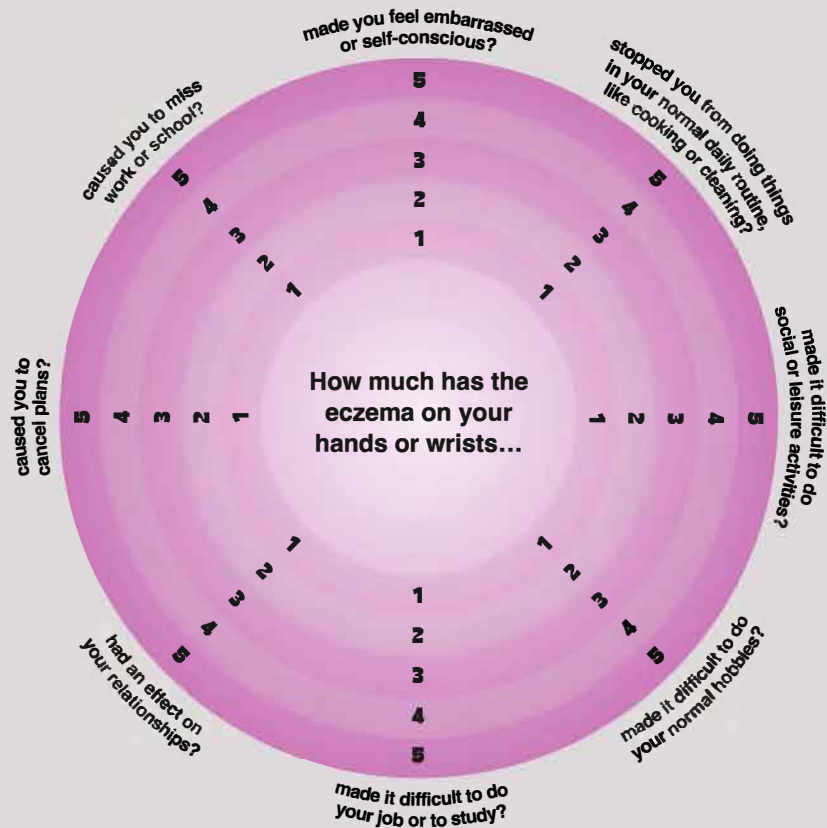
days

TRACKING SYMPTOMS CAN HELP CAPTURE ANY  
CHANGES IN SEVERITY OVER TIME.



## NOW LET'S TALK ABOUT THE SYMPTOMS BEYOND THE PHYSICAL

Rate from 1 (not at all) to 5 (very much or very often)



1. Have you noticed any triggers that cause a flare up?

2. Are you trying anything to help with any flare-ups?  
(this could include staying away from certain allergens or irritants, wearing gloves, using creams or emollients)

# TREATMENT GOALS

It's important to set realistic expectations and treatment goals.

1. What are you hoping treatment will help you achieve?

2. List out any previous treatments used for Chronic Hand Eczema (CHE):

3. Day treatment started:

4. Were the treatment(s) used according to a healthcare professional's recommendation?

## Management plan

(You can complete this with a healthcare professional)



Ask your healthcare professional to list any allergens they have identified (these may have long or complicated names)



Plan for how to avoid triggers, or things to swap to instead



Other lifestyle changes your healthcare professional thinks might help (like wearing gloves, or stopping smoking)

Following a management plan is optional. A healthcare professional can provide guidance on potentially useful approaches.



**DON'T WAIT FOR SYMPTOMS TO START HOLDING YOU BACK EVEN MORE. TALK TO A DERMATOLOGIST AND TAKE BACK CONTROL.**