

My axial SpA flare toolkit

How should I use this sheet?

Keep this sheet somewhere you can easily access and remember. When you feel an increase in your axial SpA symptoms, you may be experiencing a flare. Use this sheet to remind you what can be helpful to manage your symptoms.

Where can I record my medication?

You can record medication you usually take and what you can take during a flare on our medication resource sheet.

Who can help me complete this sheet?

Ask your healthcare professionals to help you fill in this sheet. This can include your rheumatologist, rheumatology nurse, physiotherapist, occupational therapist, GP, or another healthcare professional you see for your axial SpA.

Ask your rheumatologist if they have a helpline that you can call for advice between appointments. Record the contact details and when you should contact them.

	Good day	Okay day	Bad day
<p>What self care techniques help me? E.g. heat, cold, massage, TENS...</p>			
<p>How can I better prepare for sleep? E.g. pain medication, hot bath, avoid screens, gentle stretches...</p>			
<p>What activities usually help me during a flare? E.g. walking, bed stretches, swimming, activity little and often...</p>			
<p>How can I look after my emotional wellbeing? E.g. reading, crafts, walking, breathing exercises, distraction...</p>			

Who can I speak to for support?

E.g. friends and family, other people with axial SpA, mental health professionals for talking therapies...

When should I contact my healthcare professionals?

E.g. my self-care techniques aren't helping my flares, I have a question about my medication...

Name of healthcare professional:

Telephone number:

Notes:

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