

This guide has been produced by the National Axial Spondyloarthritis Society as part of the Aspiring to Excellence programme.

Hospital logo



Guide to using a Management Plan

What is a management plan?

A management plan is a tool for people living with Axial SpA to record in one place, contacts and their individualised management plans. Incorporating their health care and other resources such as NASS, social network etc.

By keeping everything in one place it is easy to share with health care professionals, friends and family.

It enables people to feel empowered in the management of their condition and be actively involved in decision making.

It can be referred back, to remind the individual of the assets they have

The template is a brief one sided form with space for people to record their symptoms and the techniques they use to manage them.

The links to Your SpAce with its more in depth forms and resources enables people to explain and develop their management plans further.

Visit Your SpAce for more detailed forms and resources.

- Medication resource sheet
- Symptom diary
- Flare tool kit
- Task prioritisation
- Restful activities

Visit www.nass.co.uk/about-as/your-space

or scan the QR code opposite.



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