

Name:

Date:

Medication:

Management technique:

Use this section to record your symptoms and what techniques you use to manage them

Symptom:

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](http://www.nass.co.uk/about-as/your-space)

or scan the QR code opposite.



*This form has been produced by the National Axial Spondyloarthritis Society (NASS) as part of the Aspiring to Excellence programme as a template. No information in this form will be shared with NASS.*

Contacts:

Rheumatology Helpline:

GP:

NASS Helpline: 02087 411515

Other:

Management Plan

Hospital logo