

# Hronisko sāpju kalendārs

Mēnesis: \_\_\_\_\_

Medikamenti, kuri tiek lietoti sāpēm:

A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

D: \_\_\_\_\_



## Sāpju veids:

T Trulas      S Saspringuma  
D Durošas      tipa galvassāpes  
M Migrēna      C \_\_\_\_\_

## Sīptomi:

A Aizcietējumi      C \_\_\_\_\_  
S Slikta dūša  
V Vemšana

## Papildus aktivitātes:

S Sports      P Pastaigas  
AF Ārstnieciskā fizikultūra.      F Fizioprocedūras  
R Relaksācijas metodes      PT Psihoterapija  
M Miegs

| Sāpju veidi un vieta |          |              |        |             |          | Vai medikaments palīdzēja? |    |    |         |                               |
|----------------------|----------|--------------|--------|-------------|----------|----------------------------|----|----|---------|-------------------------------|
| Diena                | Stiprums | Lokalizācija | Ilgums | Sāpju veids | Simptomi | Medikamenti                | Jā | Nē | Mazliet | Aktivitātes, kas mazina sāpes |
| 1                    |          |              |        |             |          |                            |    |    |         |                               |
| 2                    |          |              |        |             |          |                            |    |    |         |                               |
| 3                    |          |              |        |             |          |                            |    |    |         |                               |
| 4                    |          |              |        |             |          |                            |    |    |         |                               |
| 5                    |          |              |        |             |          |                            |    |    |         |                               |
| 6                    |          |              |        |             |          |                            |    |    |         |                               |
| 7                    |          |              |        |             |          |                            |    |    |         |                               |
| 8                    |          |              |        |             |          |                            |    |    |         |                               |
| 9                    |          |              |        |             |          |                            |    |    |         |                               |
| 10                   |          |              |        |             |          |                            |    |    |         |                               |
| 11                   |          |              |        |             |          |                            |    |    |         |                               |
| 12                   |          |              |        |             |          |                            |    |    |         |                               |
| 13                   |          |              |        |             |          |                            |    |    |         |                               |
| 14                   |          |              |        |             |          |                            |    |    |         |                               |
| 15                   |          |              |        |             |          |                            |    |    |         |                               |
| 16                   |          |              |        |             |          |                            |    |    |         |                               |
| 17                   |          |              |        |             |          |                            |    |    |         |                               |
| 18                   |          |              |        |             |          |                            |    |    |         |                               |
| 19                   |          |              |        |             |          |                            |    |    |         |                               |
| 20                   |          |              |        |             |          |                            |    |    |         |                               |
| 21                   |          |              |        |             |          |                            |    |    |         |                               |
| 22                   |          |              |        |             |          |                            |    |    |         |                               |
| 23                   |          |              |        |             |          |                            |    |    |         |                               |
| 24                   |          |              |        |             |          |                            |    |    |         |                               |
| 25                   |          |              |        |             |          |                            |    |    |         |                               |
| 26                   |          |              |        |             |          |                            |    |    |         |                               |
| 27                   |          |              |        |             |          |                            |    |    |         |                               |
| 28                   |          |              |        |             |          |                            |    |    |         |                               |
| 29                   |          |              |        |             |          |                            |    |    |         |                               |
| 30                   |          |              |        |             |          |                            |    |    |         |                               |
| 31                   |          |              |        |             |          |                            |    |    |         |                               |

