

**FOLLOW-UP VISIT REPORT**

Name: \_\_\_\_\_

Appt. Date: \_\_\_\_\_

Phone #: \_\_\_\_\_

1.) Remedy taken: (Indicate date and reason for repeating in a few words):

\_\_\_\_\_

2.) Changes Noticed:

a.) Initial aggravations (when and percentage):

\_\_\_\_\_

b.) Symptoms which have gotten better (when and percentage):

\_\_\_\_\_

c.) Symptoms which have gotten worse (when and percentage):

\_\_\_\_\_

d.) Symptoms which have not changed:

\_\_\_\_\_

e.) New symptoms: duration/indicate if new symptoms occurred in the past:

\_\_\_\_\_

## FOLLOW-UP VISIT REPORT

Name: \_\_\_\_\_

Appt. Date: \_\_\_\_\_

Phone #: \_\_\_\_\_

1.) Remedy taken: (Indicate date and reason for repeating in a few words):

*Pulsatilla 200C on May 5. Puls. 200C repeated on June 15 because of relapse of sadness, arthritis, tiredness and headaches starting on June 12.*

2.) Changes Noticed:

a.) Initial aggravations (when and percentage):

*Arthritis, tiredness and sadness 15-20% worse the first 2 days after each dose.*

b.) Symptoms which have gotten better (when and percentage):

*-Arthritis: after the initial aggravation, it progressively improved. It got 70% better until 1 week ago. Now, only 30% better.*

*-Sadness: much less (80%). Feel happier starting shortly after the first dose of the remedy until 1 week ago. Now only 40% better.*

*-Energy: was better, went from 3 to 8. It is down to 6 since 1 week.*

*-Headaches: I had only 2 headaches since Puls. until 10 weeks ago. (Usually I get a headache once a week.)*

*-Sleep: has been deeper since Puls. until 1 week ago.*

*-Desire for pastry has been less until 1 week ago.*

c.) Symptoms which have gotten worse (when and percentage):

*-Eczema: 20% worse since the first dose of the remedy. Now, it is stable.*

*-Feel warmer at night in bed.*

d.) Symptoms which have not changed:

*-Biting my nails*

*-Teeth clenching during sleep*

e.) New symptoms: duration/indicate if new symptoms occurred in the past:

*-In the last week, I have been more tired as my mother became sick and I had to take care of her around the clock.*

*-Thirsty for icy cold water (unusual). It slowly appeared since Puls.*

*-Desire for spicy food in the last 4-5 weeks.*