



Flare-Up Plan

Name: _____

Date: _____

1. What are the **Symptoms of a Flare-Up** for me?

a. Pain (intensity, location, physical symptoms, sleep, appetite):

b. Thoughts: (What do I think? "*Oh no, not again!*", "*I need to get this done!*")

c. Mood: (Am I irritable, fearful, depressed, angry, guilty?)

d. Behaviors/Activities: (What do I start doing? Stop doing? Do I overdo it? Do I take a "wait until" approach?)

2. What are my unique **Early Warning Signs** that a Flare-Up might be starting?
(So that I might be able to take action to minimize or prevent a Flare-Up)

3. What are my **High-Risk Situations and Triggers** that often lead to a Flare-Up?
(Triggers can be controllable or uncontrollable, known or sometimes unknown)

4. What are my **Daily Coping Strategies** that help to prevent a Flare-Up?

5. When I do have a Flare-Up, what are my **Strategies to Manage a Flare-Up**?

6. If necessary, at what point do I need to **involve a Health Care Provider**?
(i.e., family doctor, counselor, physical therapist, emergency department)

Please review this document with your Family Physician. If you attend the Emergency Department, please take this document with you. The Flare-Up Plan shows the steps you have taken prior to seeking medical attention.

<p>Remember the Big 5 Skills of Self Management!</p> <p>Self-Monitoring Pacing Relaxation Changing Negative Thinking Communication</p>	<p>Other Important Skills I Have Learned:</p> <p>1. 2. 3. 4. 5.</p>
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Examples For a Flare-Up Plan

<p><u>Symptoms:</u></p> <ul style="list-style-type: none"> • Increase in pain • Guarding – walk left differently • Lower energy level • Medications ineffective • Loss of appetite • People keep distance • Isolation/ self withdraw • Greater difficulty • More quiet 	<p><u>Early Warning Signs:</u></p> <ul style="list-style-type: none"> • Beginning of all these symptoms • Saying no 2-3 times • Sad • Mild to severe symptoms • Pressure building • Feeling out of control of things • Others comment on perfectionism • Worry
<p><u>High Risk Situations & Triggers:</u></p> <ul style="list-style-type: none"> • Too much activity • Not enough activity • Not saying no • Boundaries breached • Not taking medications • Taking too many medications • 12 days of in-laws! • U2 concert • Lower level of pain 	<p><u>Daily Coping Strategies:</u></p> <ul style="list-style-type: none"> • Pacing • Asking for help • Self-talk • Relaxation • Decrease perfectionism • Communication • Stretches/exercises/walking
<p><u>Strategies to Manage a Flare Up</u></p> <ul style="list-style-type: none"> • Rest • Distraction • Self-talk <ul style="list-style-type: none"> • This will pass • Been through this before • Remember to breath • I'm O.K, I just need to relax • I just need to do my stretches • Do something nice for myself • Invite others to relax • Warm bath • Acupuncture needles • Ask for help • Do research • Invite others to tell me if they see early warning signs • Take medications • Do activities 	<p><u>Health Care Provider Involvement:</u></p> <ul style="list-style-type: none"> • Pain level severe for long duration • New and unfamiliar pain • Flare-up may be related to new treatment or new medication • Depression increases