PAWS Symptom and Support Log

Use this log to record ongoing symptoms and prepare for a healthcare conversation. A clinician can help you understand the cause; the log cannot confirm PAWS. Contact a healthcare professional about symptoms that are new, severe, or getting worse.

When to get care right away

For seizures, severe confusion, hallucinations, or an irregular heartbeat, call 911 or go to an emergency department. If you think you may be in alcohol withdrawal, seek medical care right away. Do not wait to finish this worksheet.

Make one entry when you notice a concern. Use another copy for more entries. Optional intensity: 0 = none; 10 = worst imaginable for me. This is a personal rating, not a guide to whether care can wait.

Entry 1

Date and time _____ Lasted about _____

What I noticed (and optional intensity from 0 to 10)

Effect on daily life (sleep, tasks, meals, or relationships)

What was happening (sleep, meals, stress, or other context)

What I tried (from my care plan or a supportive routine)

What happened next (better, the same, or worse)

Entry 2

Date and time _____ Lasted about _____

What I noticed (and optional intensity from 0 to 10)

Effect on daily life (sleep, tasks, meals, or relationships)

What was happening (sleep, meals, stress, or other context)

What I tried (from my care plan or a supportive routine)

What happened next (better, the same, or worse)

Patterns and Next Steps

Review your entries with your care team. Similar situations can be worth discussing even when you do not know what caused a symptom.

Dates covered _____ Date of this review _____

What I noticed across my entries

What changed, stayed the same, or became harder?

What seemed helpful? What am I still unsure about?

One manageable step from my care plan or daily routine I want to focus on:

Support and follow-up

Who can I contact, and what do I want to ask?

How to reach them _____ When I will contact them _____

If I cannot reach them or symptoms change, how will I get care?

Questions for my care team

What should we discuss about symptoms, treatment, or medicines? Ask your prescriber about medication concerns before changing a dose.

Sources: University of Wisconsin PAWS handout; MedlinePlus alcohol withdrawal.