

Symptom Tracker and Monitoring

Cirrhosis, a condition that results from permanent damage or scarring of the liver, is the end stage of many different forms of liver disease and is known to cause a number of other health problems, including hepatic encephalopathy (HE).

Overt hepatic encephalopathy (OHE) is a serious condition, but with proper management, it might be controlled. That is why it is important to understand and be able to identify the signs of an HE flare-up. By paying close attention to the mental and physical symptoms of HE, you can alert a doctor before things get worse.

Whether you are a patient or a caregiver, this easy-to-use tracker can help you monitor the symptoms of HE. You'll find a month set up for you below, but you should continue to track symptoms every week between doctor's visits. Set aside a specific day each week to help you remember.

If you notice any of the symptoms below, please contact your doctor. The next time you visit the doctor, bring this tracker with you to help your discussion.

Week 1 **Week 2** **Week 3** **Week 4**
 Date ___/___ Date ___/___ Date ___/___ Date ___/___

Mental	Forgetfulness
	Confusion
	Poor judgement
	Extra nervousness or excitement
	Not knowing where you are or are going
	Inappropriate behaviour
	Severe personality changes

Physical	Breath with a musty or sweet odour
	Change in sleep patterns
	Worsening of handwriting
	Loss of small hand movements
	Movements/shaking of hands or arms
	Slurred speech
	Slowed/sluggish movement

	Visited the hospital emergency room
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Stay Aware to Stay Protected

Why is it important to track the symptoms of hepatic encephalopathy (HE)?

HE starts slowly

- Many of the early signs may go unnoticed
- Friends and family should watch out for early clues

Stay aware of early clues to help control HE before it gets worse

- Understand the different symptoms of HE
- Know how to identify early signs

HE may cause long-term damage

- Alert a doctor at the very first signs

How can treatment help?

With treatment, HE can be controlled; however, people who have an episode of OHE need to be careful, because they're more likely to have recurring episodes (or "flare-ups") of OHE in the future. Also, each flare-up can affect them in ways that cannot be fully undone.

Talk to a doctor about treatment options, and be sure to alert him or her at the first sign of a flare-up.

Current medications:

Medication(s):

Dosage:

Doctor contact information:

Doctor's name:

Phone:



Canadian Liver Foundation
Fondation canadienne du foie

For more information on hepatic encephalopathy and liver disease, or to download a free .pdf copy of this tool, visit the Canadian Liver Foundation at www.liver.ca.

To order a tear-off pad of this tool, please contact Lupin Pharma Canada at 1 844 587-4623.