***** When an "event," such as a fall, occurs; make note of the date, time, circumstances, follow-up and/or ways to prevent in the future (see example). Report information to clinician either at next visit or sooner if serious. *****

EVENT DIARY

Date & Time	Event	Circumstances	Follow-up or Prevention Strategies
> > > *EXAMPLE* < < <			
10/25/03 1:20am	*Fell – no injury*	*Hurrying to bathroom, room dark, tripped on cat, fell and couldn't catch self, unable to get up without assistance.*	*Night light, bedside commode, pets sleep elsewhere, sturdy furniture arranged so can offer support, get PT referral to practice ways to get up, ask doctor about taking Sinemet CR to improve mobility at night.*