

FUNCTION

OVER TIME TRACKER

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FUNCTION OVER TIME

SUMMARY REPORT

Client Name:

Date of Birth:

Date of Loss:

Claim Number:

Report Period:

Report Date:

Kindly note, this report is intended to serve as a sample report for Function over Time. The data displayed in the body of the report is done so with the sole purpose of demonstration and does not represent an actual client. For privacy reasons, we have used a mock test.

SUMMARY OF SYMPTOMS

Function over time tracks client's reported symptoms in real time at multiple touchpoints throughout the day.

1. Pain

Location: Lower back and both shoulders.

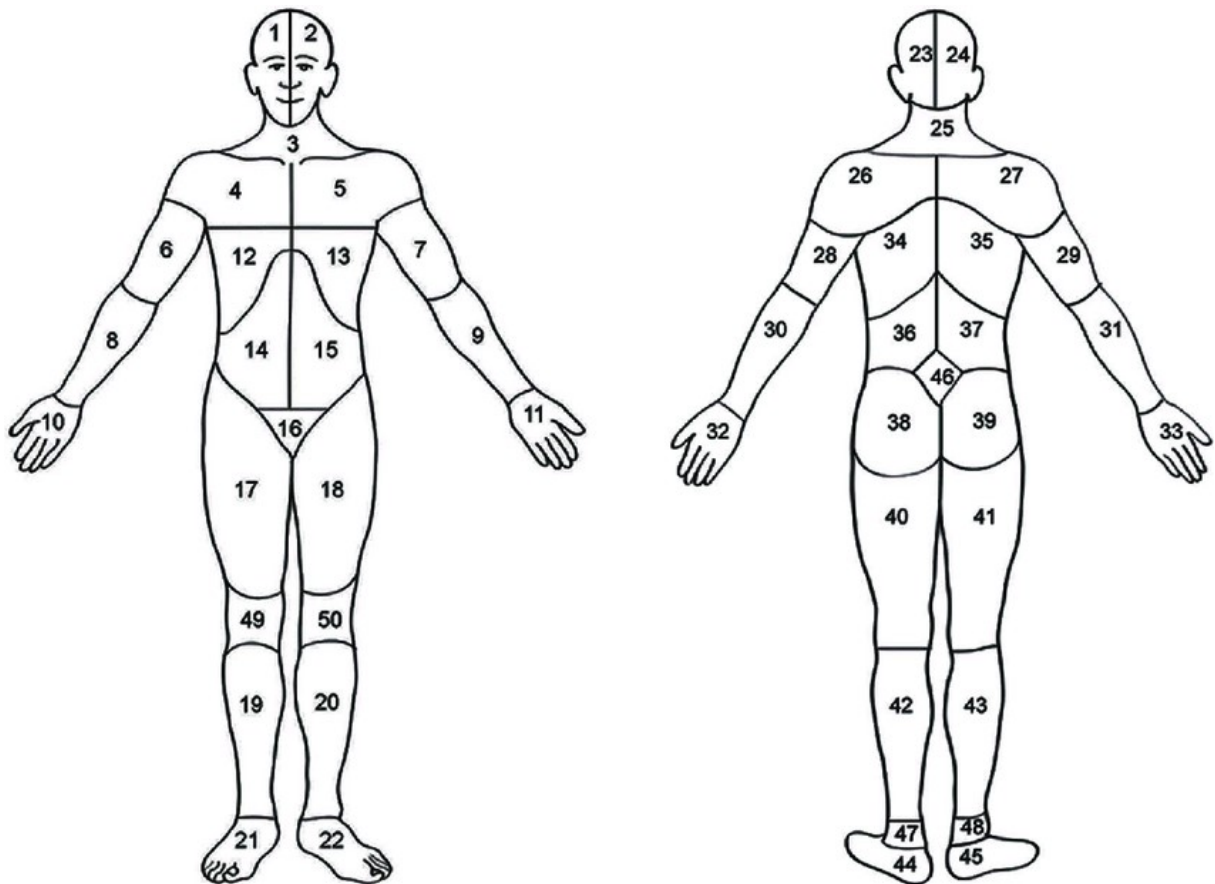


Figure 1. Body chart for pain mapping.

Frequency: Constant

Associated symptoms: Pins and needle sensation in both arms.

Aggravating factors: Chilly weather; driving, exertion

Analysis:

Function Over Time Summary Report

Re:

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DOL:

DOB:

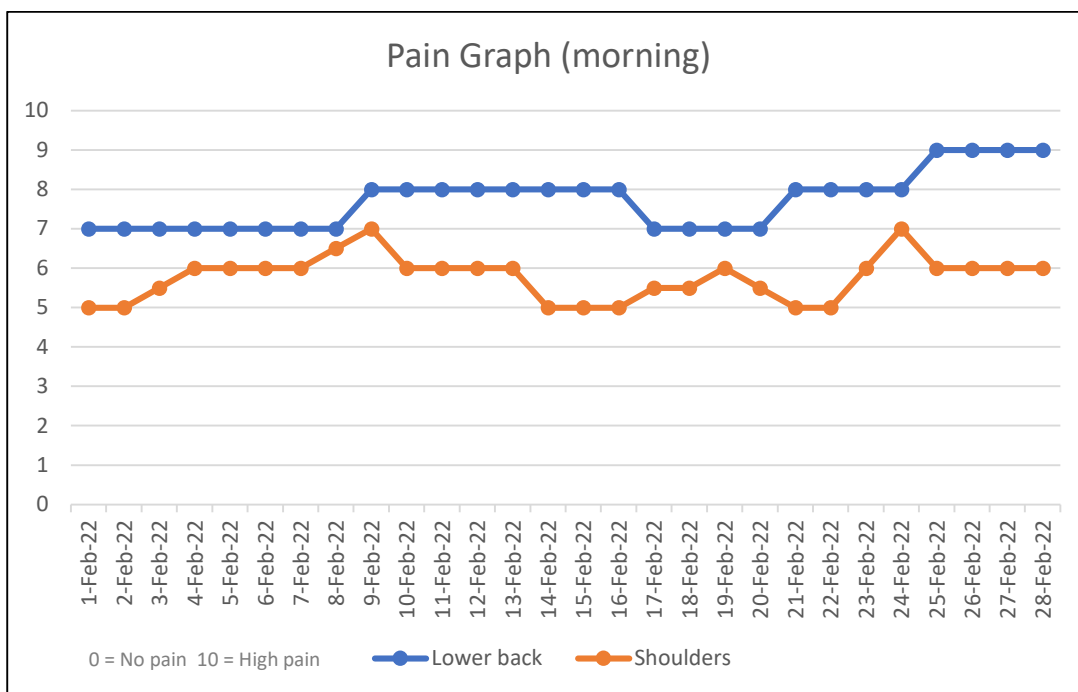


Figure 2. Pain graph depicts the frequency and severity of reported pain symptoms during the mornings.

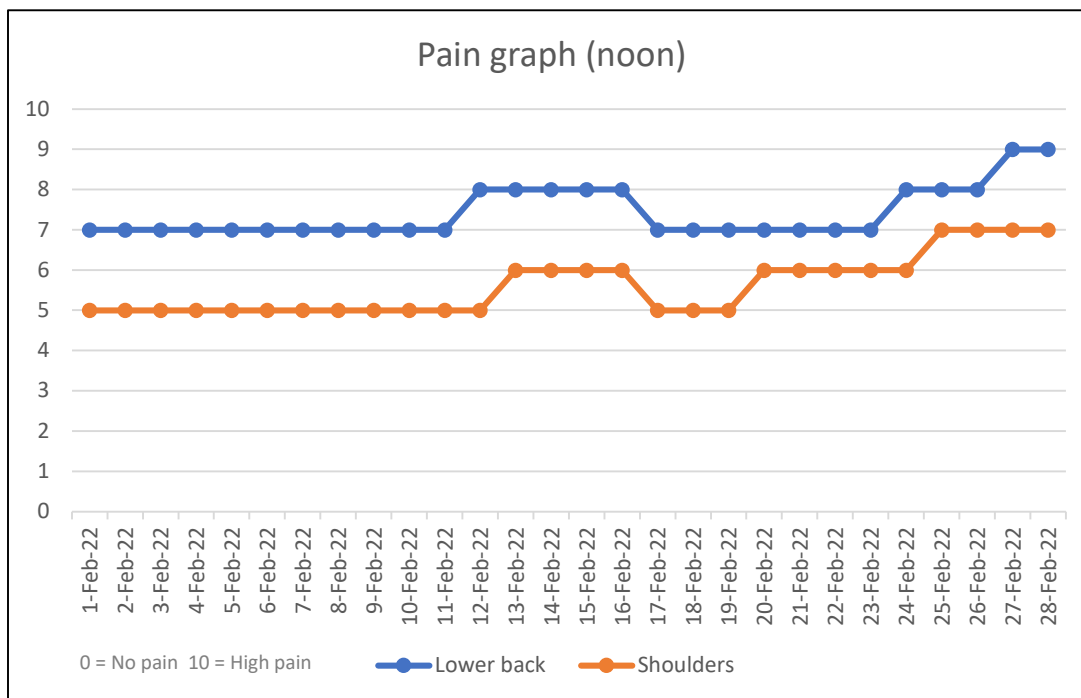


Figure 3. Pain graph depicts the frequency and severity of reported pain symptoms during the afternoons.

Function Over Time Summary Report

Re:

Claim #:

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DOB:

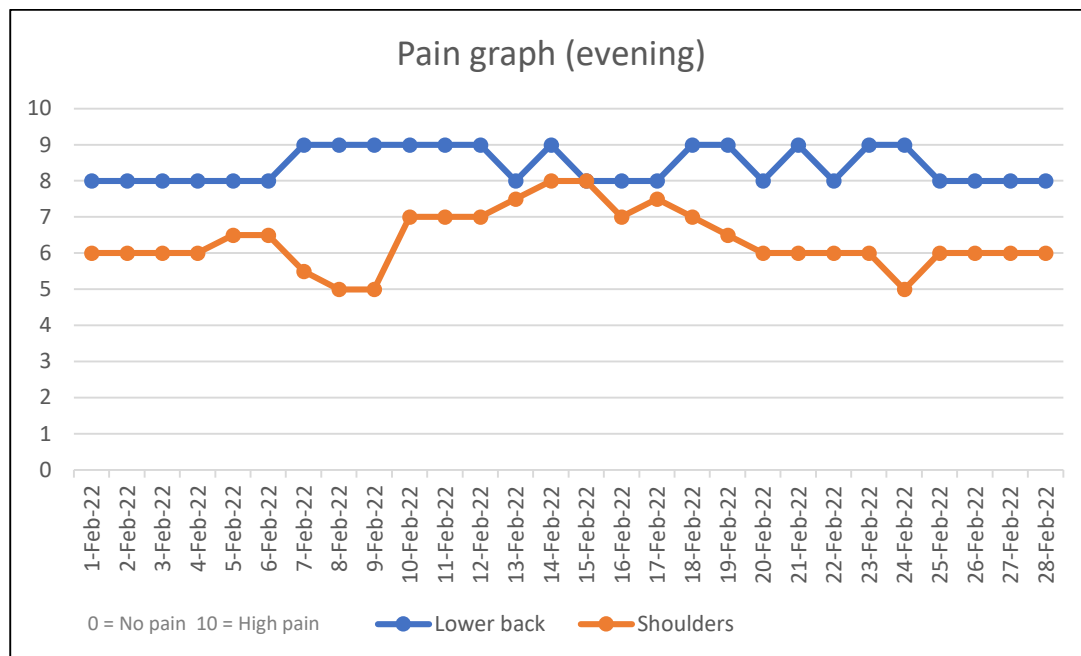


Figure 4. Pain graph depicts the frequency and severity of reported pain symptoms during the evenings.

Dialogue:

2022/04/25 08:30	ICareSystem	Ratings: Hi, Jane can you please rate your Mood for us today (0 = low, 10 = great). Also, how is your pain (0= no pain, 10 = high)? Invisible-Care
2022/04/25 08:39	Jane Doe	My mood is 6. And pain=7
2022/04/25 09:23	Jane Doe	My neck pain. Causes headaches at times. Radiates to both shoulders and upper back
2022/04/25 20:00	ICareSystem	Ratings: Jane, can you please rate your Mood for us today (0 = low, 10 = great). Also, how is your pain (0= no pain, 10 = high) and Fatigue right in this moment (0= no fatigue 10= exhausted) Invisible-Care
2022/04/25 20:09	Jane Doe	Mood 3 pain 8 fatigue 9
2022/04/25 12:58	ICareSystem	Are you afraid activity will increase your pain? Invisible-Care
2022/04/25 12:59	Jane Doe	Yes I avoid doing stuffcoz I dread i ll be in bed the next day
2022/04/26 08:30	ICareSystem	Ratings: Hi, Jane can you please rate your Mood for us today (0 = low, 10 = great). Also, how is your pain (0= no pain, 10 = high)? Invisible-Care
2022/04/26 08:39	Jane Doe	Mood 6 pain 8
2022/04/26 08:52	ICareSystem	Your pain is high today - anything seem to be affecting it?
2022/04/26 08:57	Jane Doe	Poor sleep. Got maybe 3 hours
2022/04/26 20:00	ICareSystem	Ratings: Jane, can you please rate your Mood for us today (0 = low, 10 = great). Also, how is your pain (0= no pain, 10 =

		high) and Fatigue right in this moment (0= no fatigue 10= exhausted) Invisible-Care
2022/04/26 20:01	Jane Doe	Mood is 7 pain is 6 fatigue 6
2022/04/30 08:30	ICareSystem	Hi, John can you please rate your Mood for us today (0 = low, 10 = great). Also, how is your pain (0= no pain, 10 = high)? Invisible-Care

2. Fatigue

Aggravating factors: Pain, poor sleep

Limitations: Spending 50% of day sitting or lying-in bed

Analysis:

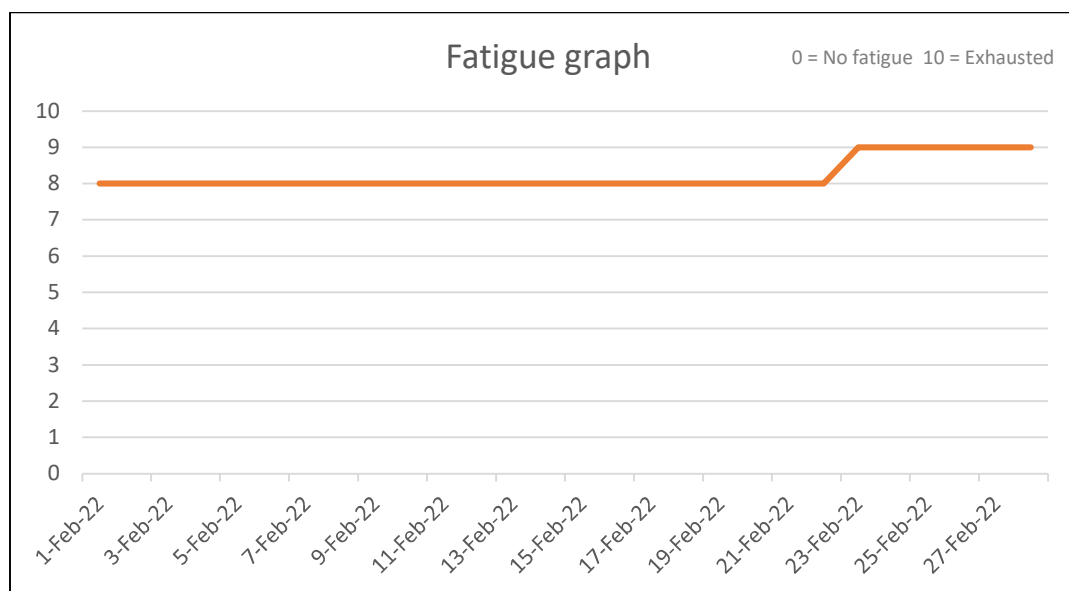


Figure 5. Fatigue graph depicts the frequency and severity of reported fatigue symptoms.

Dialogue:

2022/04/24 08:10	ICareSystem	Ratings: Hi Jane, can you tell us a bit about your worst symptoms (headache, fatigue, low mood, poor sleep) so we can get to understand your challenges? Invisible-Care
2022/04/24 08:16	Jane Doe	No headache. Always fatigued. Mood is okay today.
2022/04/25 20:00	ICareSystem	Ratings: Jane, can you please rate your Mood for us today (0 = low, 10 = great). Also, how is your pain (0= no pain, 10 = high) and Fatigue right in this moment (0= no fatigue 10= exhausted) Invisible-Care
2022/04/25 20:09	Jane Doe	Mood 3 pain 8 fatigue 9

3. Sleep

Aggravating factors: Pain, changing positions multiple times

Limitations: Difficulty initiating and maintain sleep

Analysis:

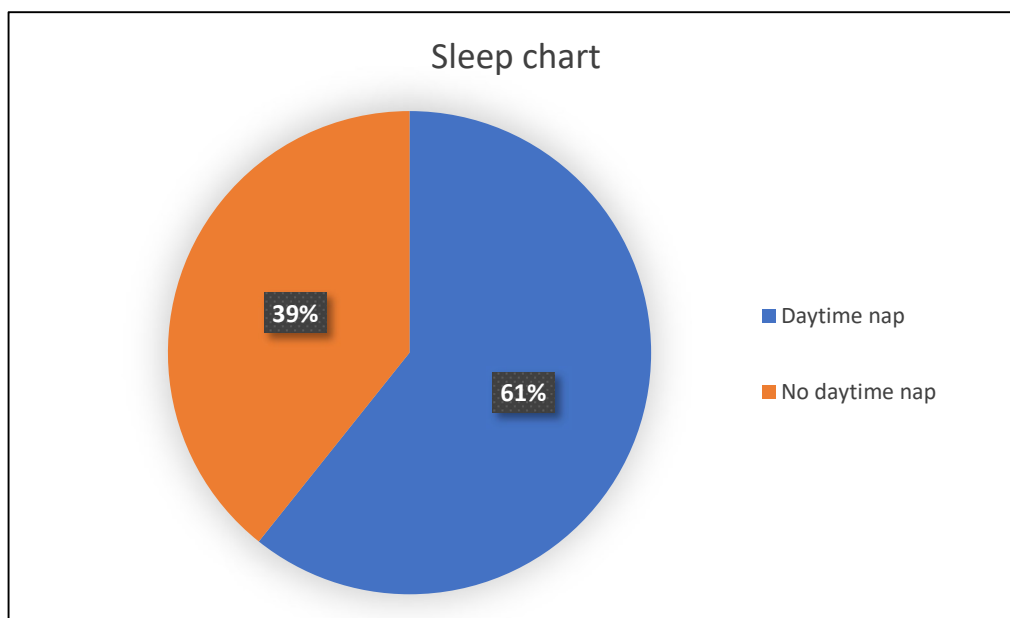


Figure 6. Sleep chart Figure illustrates the frequency of daytime naps over the reporting period.

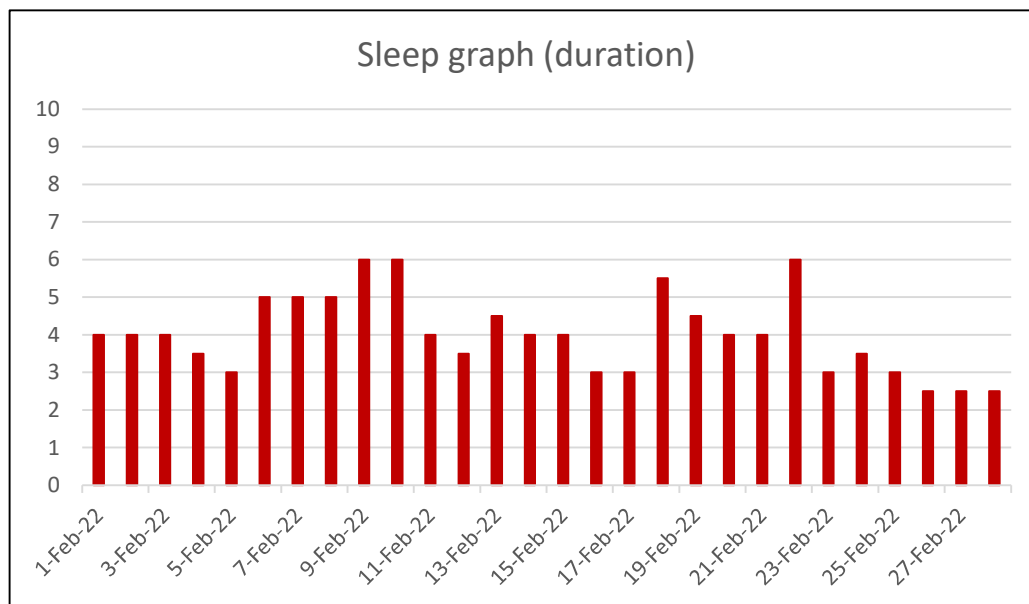


Figure 7. Sleep graph depicts daily sleep duration across the reporting period.

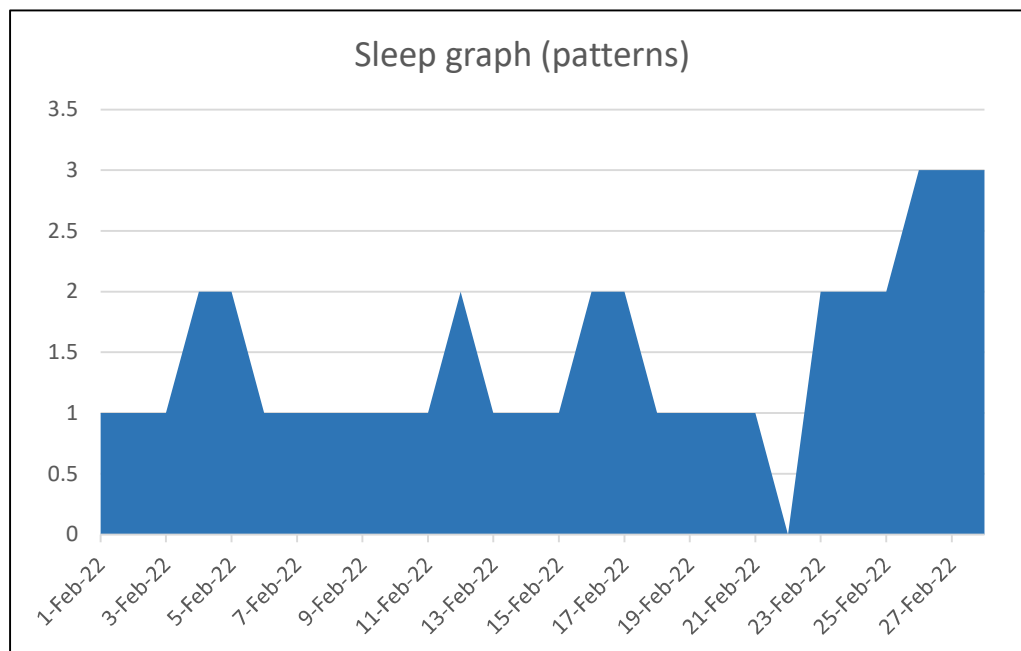


Figure 8. Sleep graph depicts daily nightly sleep interruptions across the reporting period.

Dialogue:

2022/04/24 08:10	ICareSystem	Ratings: Hi Jane, can you tell us a bit about your worst symptoms (headache, fatigue, low mood, poor sleep) so we can get to understand your challenges? Invisible-Care
2022/04/24 08:17	Jane Doe	Sleep sucks. I dont get good sleep. Like 4-5 hours and I wake up 2-3 times. My neck painback pain killing me. Need to change position
2022/04/24 08:17	Jane Doe	And my child keeps me up at night
2022/04/24 08:18	Jane Doe	Just a lot of things
2022/04/24 16:00	ICareSystem	Community: Did you leave your home today? If so, what did you do? Invisible-Care
2022/04/24 16:01	Jane Doe	Went to get groceries. Sundays are the worst. So many chores. Going to take a nap.
2022/04/24 19:10	ICareSystem	Sleep: Please upload a picture or describe where you sleep each night? Invisible-Care
2022/04/24 19:11	Jane Doe	In my room. King bed. Use an orthoped mattress for my back. But doesn't help

4. Mood

Psychological symptoms: Anxiety, sadness, frustration, irritability, loss of pleasure, difficulty coping

Aggravating factors: Pain, stress, fatigue, relationship issues

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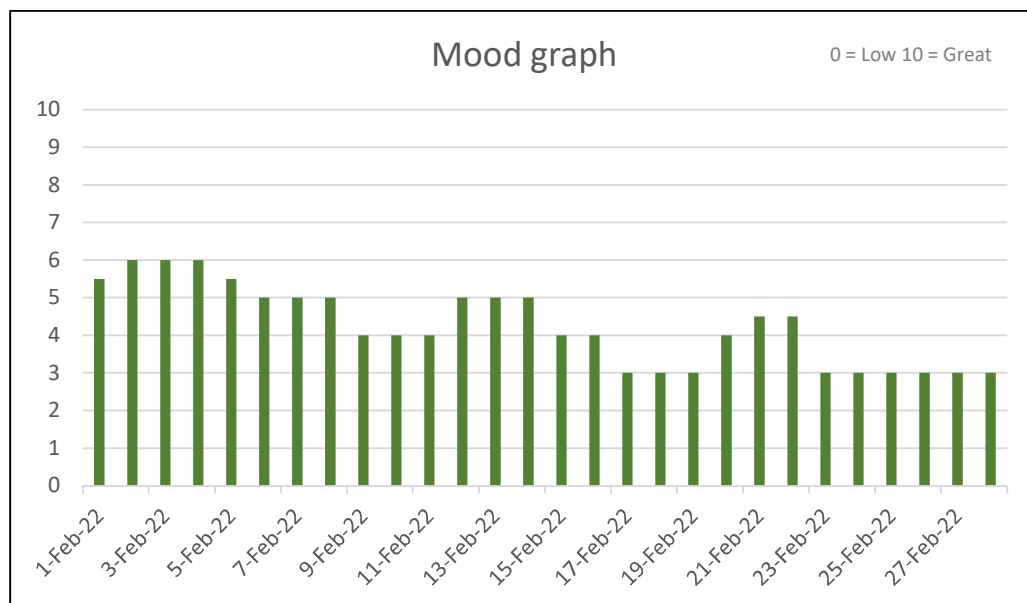


Figure 9. Mood graph depicts daily mood rating across reporting period.

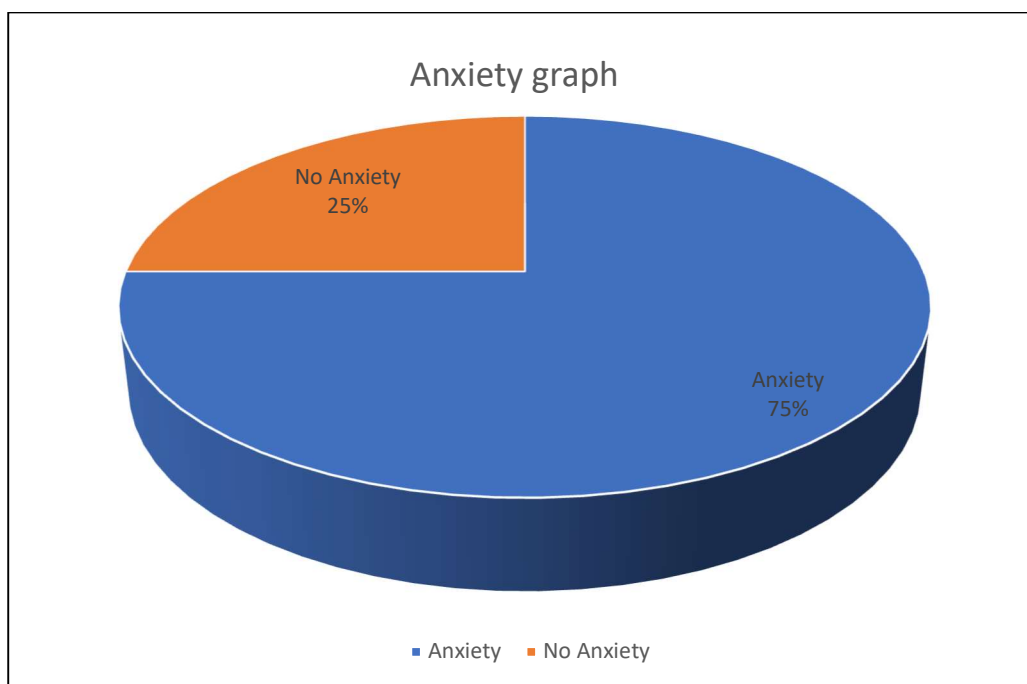


Figure 10. Anxiety chart illustrates frequency of anxiety across reporting period.

Dialogue:

2022/04/24 08:10	ICareSystem	Ratings: Hi Jane, can you tell us a bit about your worst symptoms (headache, fatigue, low mood, poor sleep) so we can get to understand your challenges? Invisible-Care
2022/04/24 08:16	Jane Doe	No headache. Always fatigued. Mood is okay today.

2022/04/25 08:30	ICareSystem	Ratings: Hi, Jane can you please rate your Mood for us today (0 = low, 10 = great). Also, how is your pain (0= no pain, 10 = high)? Invisible-Care
2022/04/25 08:39	Jane Doe	My mood is 6. And pain=7

5. Headaches

Frequency: More than 3 per week

Aggravating factors: Poor sleep, reading, staring at screen

Associated symptoms: Blurred vision, photosensitivity

Analysis:

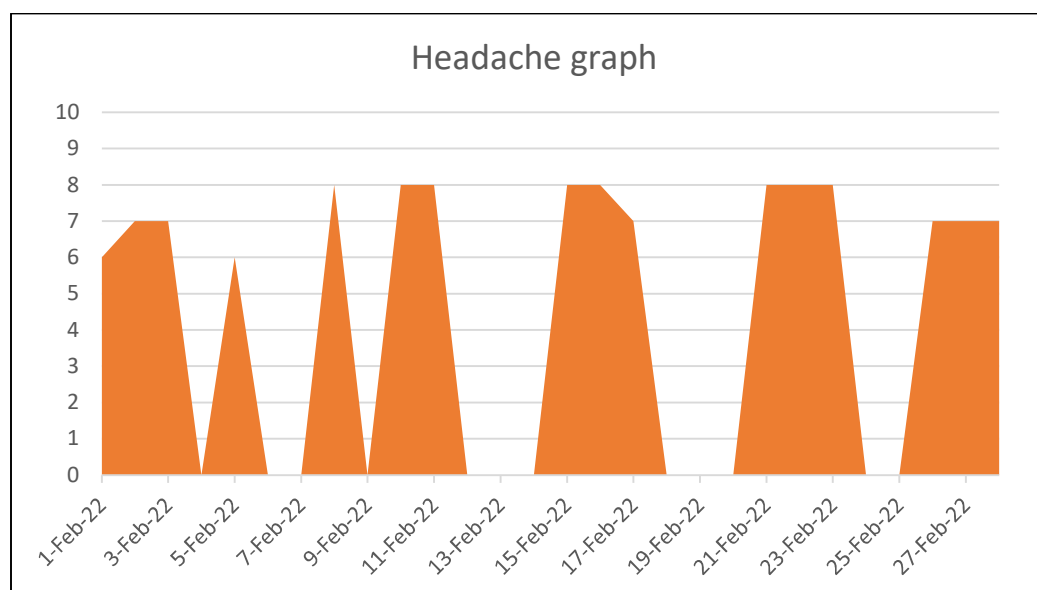


Figure 11. Headache graph depicts frequency and severity of headaches across reporting period.

Dialogue:

2022/04/26 15:00	ICareSystem	Ratings: Jane do get headaches? How often? How severe? Invisible-Care
2022/04/26 16:27	Jane Doe	Yes at least thrice a week. Throbbled back of the head. Comes with neck pain

2022/04/28 15:00	ICareSystem	Ratings: Jane do get headaches? How often? How severe? Invisible-Care
2022/04/28 15:02	Jane Doe	I have a headache today. 7/10. Took tylenol

SUMMARY OF FUNCTION

Function over time engages with the client multiple times per day to better understand task demands and challenges with completing activities of daily living.

1. Self-care/hygiene

Self-Care	Does not complete task even with assistance	Needs full assistance	Needs Partial Assistance	Completing task with pacing and breaks	Completes task independently
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Barriers to task completion: pain, fatigue

Functional limitations: difficulty bending, difficulty lifting arms.

Dependent on: Self

Dialogue:

2022/04/24 10:30	ICareSystem	Self-Care: Have you showered and dressed this am? If not, what is impacting you doing this task? Invisible-Care
2022/04/24 10:31	Jane Doe	Yes and yes. I can do both. But takes me awhile. Have trouble bending and lifting my arms
2022/04/24 10:46	ICareSystem	Do you use assistive devices to assist you in the shower? For example, a long-handled brush?
2022/04/24 10:59	Jane Doe	No I don't.

2022/04/26 08:00	ICareSystem	Self-Care: Are you up for the day and dressed? Please upload a picture of yourself or describe what you are wearing today (make up, shaved, stayed in PJs, hair done)? Invisible-Care
2022/04/26 08:22	Jane Doe	Yes. Brushed showered. No make up. Very sleepy today so it's a slow start

2022/04/26 08:00	ICareSystem	Self-Care: Are you up for the day and dressed? Please upload a picture of yourself or describe what you are wearing today (make up, shaved, stayed in PJs, hair done)? Invisible-Care
2022/04/26 08:22	Jane Doe	Yes. Brushed showered. No make up. Very sleepy today so it's a slow start and

2022/04/28 10:30	ICareSystem	Self-Care: Have you showered and dressed this am? If not what is impacting you doing this task? Invisible-Care
2022/04/28 10:31	Jane Doe	Yes I have. I dont feel good today. I'm in bed
2022/04/28 10:31	Jane Doe	Very tired and body pain

2. Meals/nutrition

Meals	Does not complete task even with assistance	Needs full assistance	Needs Partial Assistance	Completing task with pacing and breaks	Completes task independently
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Function Over Time Summary Report

Re:

Claim #:

Date of Report:

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DOB:

Barriers to task completion: Pain, fatigue, decreased appetite

Dependent on: Self

Dialogue:

2022/04/24 19:05	ICareSystem	Meals: Jane, what was for dinner tonight? Did you cook? If not, who made dinner? Invisible-Care
2022/04/24 19:08	Jane Doe	Dinner is pasta. I made dinner. My husband can't cook so its very hard for me. Pasta is easy I buy ready-made ingredients

2022/04/25 12:10	ICareSystem	Meals: Do you ever overeat or avoid eating? Explain? Invisible-Care
2022/04/25 12:25	ICareSystem	Meals: Do you ever overeat or avoid eating? Explain? Invisible-Care
2022/04/25 12:56	Jane Doe	I eat less. I'm not very active because of my pain. I fear weight gain so tend to eat less
2022/04/25 12:58	ICareSystem	Are you afraid activity will increase your pain? Invisible-Care
2022/04/25 12:59	Jane Doe	Yes I avoid doing stuff coz I dread I'll be in bed the next day
2022/04/25 13:00	ICareSystem	Meals: Did you cook today? If so did you have any assistance? Invisible-Care
2022/04/25 13:01	Jane Doe	No I cook twice a week. Can't do more than that
2022/04/25 13:01	Jane Doe	I have to do it, it sucks
2022/04/25 13:01	Jane Doe	I used to like cooking before, now I hate it

2022/04/26 13:00	ICareSystem	Meals: Did you cook today? If so did you have any assistance? Invisible-Care
2022/04/26 13:15	ICareSystem	Meals: Did you cook today? If so did you have any assistance? Invisible-Care

2022/04/26 16:27	Jane Doe	Yes I cooked. Made microwave meal and ready made salad
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2022/04/27 12:10	ICareSystem	Meals: Jane, have you left the stove on in the last week? Please describe event if left it on? Invisible-Care
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2022/04/27 12:10	ICareSystem	Meals: Jane, have you left the stove on in the last week? Please describe event if left it on? Invisible-Care
2022/04/27 12:10	Jane Doe	I ate Kraft Mac n Cheese for lunch today.
2022/04/27 12:11	Jane Doe	Yes on Monday I was trying to boil some milk for oats and burnt it. Luckily the smoke alarm didn't go off
2022/04/27 12:12	ICareSystem	Was everyone okay? It might be a good thing to chat about a reminder to make sure that does not happen again.
2022/04/27 12:13	Jane Doe	It was fine. I was the only one home. I ended up having cookies for breakfast that day. Pretty annoying. A reminder would be helpful.
2022/04/27 13:16	ICareSystem	Jane, did you clean up after you lunch? Invisible-Care
2022/04/27 14:02	Jane Doe	No I didn't. I will wait for my husband to return from work to do it.

2022/04/28 10:31	Jane Doe	Skipped breakfast coz couldn't get out of bed
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2022/04/28 13:00	ICareSystem	Meals: Did you cook today? If so, did you have any assistance? Invisible-Care
2022/04/28 13:15	ICareSystem	Meals: Did you cook today? If so, did you have any assistance? Invisible-Care
2022/04/28 15:00	ICareSystem	Ratings: Jane do get headaches? How often? How severe? Invisible-Care
2022/04/28 15:02	Jane Doe	I dint cook. Ate leftover from yesterday

3. Household chores

Household Chores	Does not complete task even with assistance	Needs full assistance	Needs Partial Assistance	Completing task with pacing and breaks	Completes task independently
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Barriers to task completion: Pain, fatigue, decreased memory

Dependent on: Self and husband

Dialogue:

2022/04/24 17:20	ICareSystem	Housekeeping: What day this week do you plan to do laundry? Invisible-Care
2022/04/24 17:24	Jane Doe	My husband it today morning. I had to do the cooking and cleaning

2022/04/25 08:00	ICareSystem	Housekeeping: Jane, have you done any housekeeping in the last two days? If so what have you done? Invisible-Care
2022/04/25 08:02	Jane Doe	Yes vacuuming mopping dusting. Husband did laundry, dishes, and took out garbage

2022/04/26 12:13	ICareSystem	I'm sorry to hear that - do you have any help to care for your son today? do you have plan for your errands?
2022/04/26 12:16	Jane Doe	No just me today. Husand is in office today . I am cooking. Will do bank after lunch and pharmacy later in eve

2022/04/27 19:00	ICareSystem	Groceries: Who does the grocery shopping in your home? Is this the same since the accident? Invisible-Care
2022/04/27 19:01	Jane Doe	My husband mostly. Sometimes I accompany him maybe once a month for lighter groceries. Hes been doing them since thr accident

2022/04/28 08:00	ICareSystem	Housekeeping: Jane, do you have any housekeeping that needs to be completed? Who will do these tasks? Invisible-Care
2022/04/28 08:01	Jane Doe	Not today on weekends. I do cooking and caring for son, husband does everything else

4. Relationship with family and friends

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Re:

Claim #:

Date of Report:

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DOB:

Relationships	No difficulty	Mild difficulty	Moderate difficulty	Severe Difficulty	Unable to do maintain relations
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Barriers: anger, irritability, frustration, guilt, reduced memory

Dialogue:

2022/04/24 19:05	ICareSystem	Relationships: Did you have any arguments last week? Please explain. Invisible-Care
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2022/04/24 19:06	Jane Doe	My husband is very supportive. But I did argue with the cashier at the store, she wS tooslow
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2022/04/25 20:00	ICareSystem	Relationships: Do you feel your family and friends understand your situation? Please explain? Invisible-Care
2022/04/25 20:09	Jane Doe	They do. The problem is me. I get annoyed easily and frustrated and get into arguments

2022/04/28 20:00	ICareSystem	Ratings: Jane, how difficult is it for you to maintain energy throughout the day? Invisible-Care
2022/04/28 20:01	Jane Doe	Extremely difficult. Im lying on my couch
2022/04/28 20:01	Jane Doe	I feel bad coz my son is home and I can't play with him
2022/04/28 20:01	Jane Doe	Its such a terrible feeling 🤔

2022/04/29 00:00	ICareSystem	Relationships: who usually plans social arrangements such as get-togethers with family and friends? Invisible-Care
2022/04/29 00:10	ICareSystem	Relationships: who usually plans social arrangements such as get-togethers with family and friends? Invisible-Care
2022/04/29 08:29	Jane Doe	I used to plam social arrangements. Not anymore. We don't do much anymore . I have low tolerance for crowd and sounds
2022/04/29 08:29	Jane Doe	I dont feel like stepping out of the house at all or meeting anyone
2022/04/29 08:29	Jane Doe	Very difficult to get out of bed

2022/04/30 11:00	ICareSystem	Jane, is there anything else you would like to tell us about your week that you feel your team should be aware of? Invisible-Care
2022/04/30 11:25	Jane Doe	I got into an argument with my husband today
2022/04/30 11:25	Jane Doe	Even though it was my fault
2022/04/30 11:25	Jane Doe	I just snapped
2022/04/30 11:26	Jane Doe	I leftthe milk carton out
2022/04/30 11:26	Jane Doe	I forgot
2022/04/30 11:26	Jane Doe	I forgot everything
2022/04/30 11:26	Jane Doe	I'm useless

5. Community engagement

Community Engagement	No difficulty	Mild difficulty	Moderate difficulty	Severe difficulty	Unable to do task
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Barriers to task completion: pain, fatigue, low mood, low energy, avoidance, socially withdrawn, anxiety, fear

Dialogue:

2022/04/24 16:00	ICareSystem	Community: Did you leave your home today? If so, what did you do? Invisible-Care
2022/04/24 16:01	Jane Doe	Went to get groceries. Sundays are the worst. So many chores. Going to take a nap.

2022/04/27 16:00	ICareSystem	Community: Did you leave your home today? If so, what did you do? Invisible-Care
2022/04/27 16:20	Jane Doe	Nope. Just at home. Watching TV. Laying on couch

2022/04/28 17:34	ICareSystem	Jane, this week did you drive anywhere? Invisible-Care
2022/04/28 17:35	Jane Doe	Yes I did to bank and pharmacy. I dont take highways just back roads
2022/04/28 17:36	ICareSystem	Is this different from your normal routes? Invisible-Care
2022/04/28 17:36	Jane Doe	I used to take highway before, not anymore so takes me awhile to get to places
2022/04/28 17:36	Jane Doe	Its pretty annoying
2022/04/28 17:37	ICareSystem	Why don't you take highways? Invisible-Care
2022/04/28 17:37	Jane Doe	I'm scared of getting into accident
2022/04/28 17:37	Jane Doe	Brings back flashbacks even now
2022/04/28 17:38	ICareSystem	Do you get scared in the vehicle when you are a passenger? Invisible-Care
2022/04/28 17:38	Jane Doe	Yeah especially at night. I'm always tense

2022/04/29 16:00	ICareSystem	Community: Did you leave your home today? If so what did you do? Invisible-Care
2022/04/29 22:12	Jane Doe	I dint leave house

6. Leisure and recreation

Leisure	No difficulty	Mild difficulty	Moderate difficulty	Severe Difficulty	Unable to do task
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Barriers: pain, fatigue, low mood, low energy, avoidance, socially withdrawn, anxiety, fear

Dialogue:

Function Over Time Summary Report

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2022/04/24 14:10	ICareSystem	Leisure: Last week did you do anything that was fun or brought joy to you? Explain? Invisible-Care
2022/04/24 14:15	Jane Doe	Not really. I can't do much anymore. On days I feel better I go out for a walk. But the weather's been so bad I mostly stayed indoors. hopefully this week we get more sun

2022/04/29 22:12	Jane Doe	My plans are to take my kid to the park next to my house tomorrow
2022/04/29 22:12	Jane Doe	Very difficult. 0 energy tonight
2022/04/29 22:13	Jane Doe	Have an appt with my gp tomorrow

7. Daily management

Medication	No difficulty	Mild difficulty	Moderate difficulty	Severe Difficulty	Unable to do task
Appointment	No difficulty	Mild difficulty	Moderate difficulty	Severe Difficulty	Unable to do task
Finance	No difficulty	Mild difficulty	Moderate difficulty	Severe Difficulty	Unable to do task

Barriers: Decreased memory

Dialogue:

2022/04/26 11:49	ICareSystem	Jane did you take your medication today?
2022/04/26 11:49	Jane Doe	No I forgot..I will take it now thanks

CONCLUSION

This report was generated by Ottoprompts, propriety software owned by Invisible-care Inc. If you have questions or require clarification, email referrals@invisiblecare.ca

Data collection monitored and reviewed by registered Occupational Therapist.

Kind regards,

Jennifer Berg-Carnegie

Invisible-Care

289-799-6032

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