

FUNCTION

OVER TIME TRACKER

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FUNCTION OVER TIME

Daily Functional Data Tracker

Client Name: Jane Doe

Date of Birth:

Date of Loss:

Claim Number:

Report Period: April 24, 2022 – April 30, 2022

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.

INTRODUCTION

Function over Time is a tracking tool filled out daily by the client at sporadic times to capture real life functional abilities over a one-week period. The questions regarding task completion are presented in an unpredictable manner from 7am- midnight 7 days per week to capture real mood and adaptation of a client. Function over Time includes a hierarchy approach to produce a narrative that pulls out activities of daily living, social functioning, community engagement and symptoms management.

Task directions and questions are provided via text, calls and video through the client's cell phone at no set time or pace. This reduces the influence of the assessor to coach or "Cheerlead" and captures real time challenges the client is facing in their natural environment.

Performance in any given activity is influenced by how the activity is organized how complex the activity is, the characteristics of the environment (e.g., noise, crowd, lighting, and unfamiliar places), and whether physical and/or emotional and cognitive support is available. The multitude of factors which influence task performance cannot always be predicted or controlled, and therefore a static one off assessment or questionnaire is not always reflective of a client's function. Function over Time aims to produce a picture of real life challenges for activities of daily living completion.

By using technology to produce the task demands and questions at sporadic times in the client's natural environment allows for functional observations of the week to create a profile of the client's real life function.

The client's response is provided under each category with time and date.

SUMMARY OF SYMPTOMS

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

1. Pain

Location: Neck, back.

Frequency: Constant

Associated symptoms: Neck pain radiates to both shoulders and upper back.

Aggravating factors: Activity, posture, sleep

Relieving factors: Epsom salt bath, rest

Analysis:

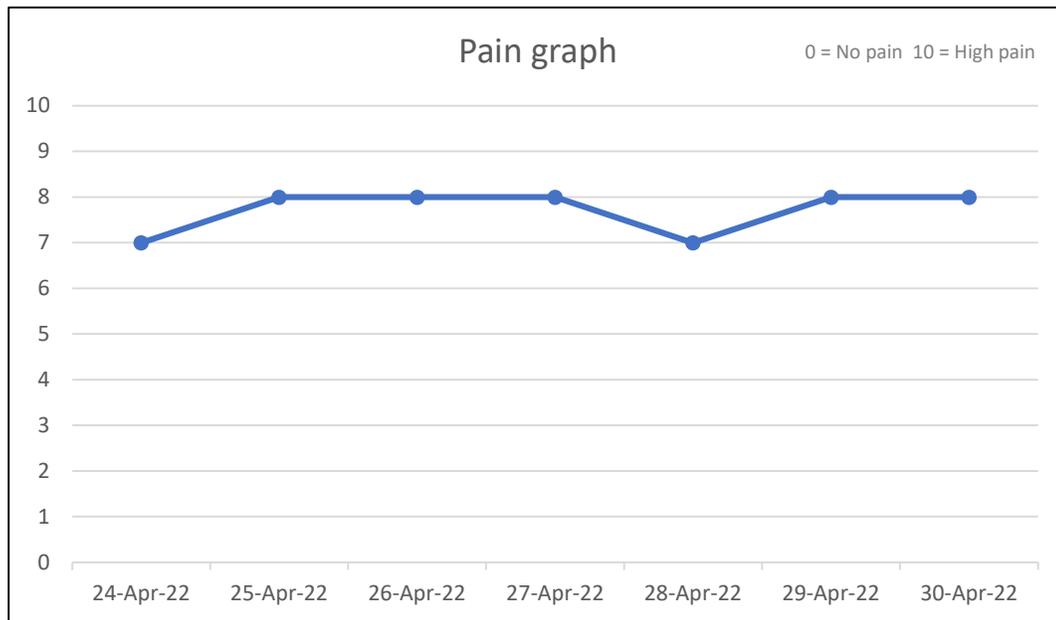


Figure 1. Pain graph depicts the frequency and severity of reported pain symptoms across the reporting period.

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	JCad	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 =

Function Over Time Summary Report

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		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
2022/04/27 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
2022/04/27 20:15	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
2022/04/27 20:35	Jane Doe	Mood 6 pain 8 fatigue 9
2022/04/28 08:30	ICareSystem	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
2022/04/28 08:30	Jane Doe	Mood 7 pain 7
2022/04/29 08:30	ICareSystem	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
2022/04/29 08:30	Jane Doe	Mood 6 pain 8
2022/04/30 08:30	ICareSystem	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
2022/04/30 10:28	Jane Doe	Mood 4 pain 8

2. Fatigue

Aggravating factors: Pain, poor sleep

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

Analysis:

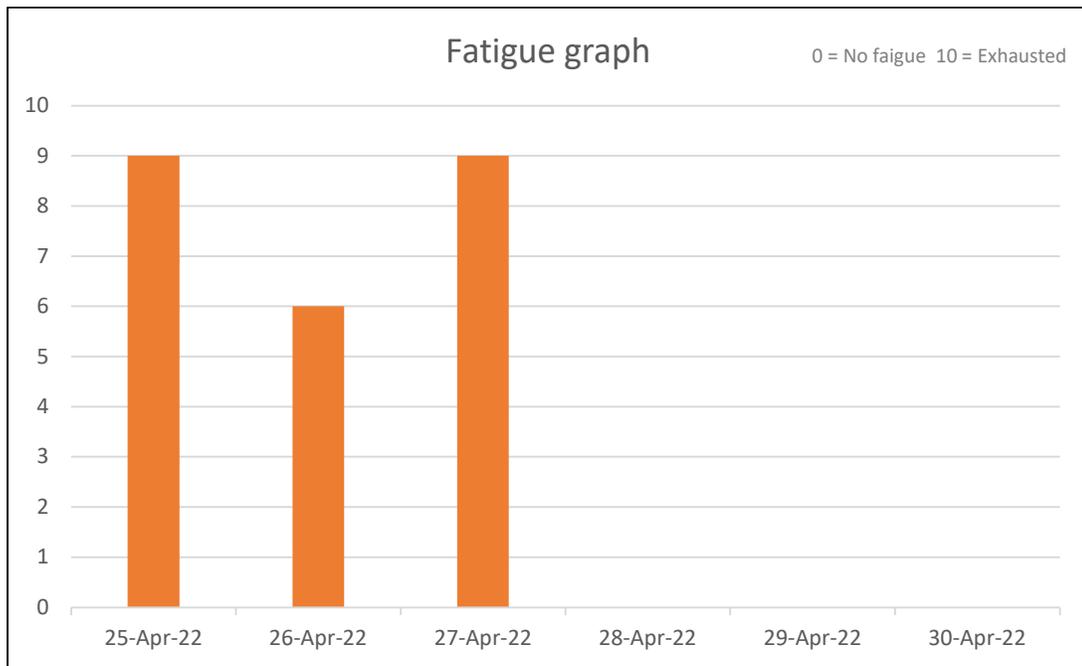


Figure 2. Fatigue graph depicts the frequency and severity of reported fatigue symptoms.

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
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2022/04/27 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
2022/04/27 20:15	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
2022/04/27 20:35	Jane Doe	Mood 6 pain 8 fatigue 9
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
2022/04/28 10:31	Jane Doe	Skipped breakfast coz couldn't get out of bed

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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

2022/04/29 20:00	ICareSystem	Ratings: Jane, How difficult is it for you to maintain energy throughout the day? Invisible-Care
2022/04/29 20:15	ICareSystem	Ratings: Jane, How difficult is it for you to maintain energy throughout the day? Invisible-Care
2022/04/29 22:12	Jane Doe	I dint leave house
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

3. Sleep

Aggravating factors: Pain, changing positions multiple times

Limitations: Difficulty initiating and maintain sleep

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

2022/04/25 09:00	ICareSystem	Sleep: how many hours did you sleep last night? Did you wake up throughout the night? Invisible-Care
2022/04/25 09:13	Jane Doe	5 hours. Woke up twice. Had to adjust my pillow. Neck is sore.
2022/04/25 09:15	ICareSystem	Sleep: What symptom most impacts your sleep? Invisible-Care Inc
2022/04/25 09:23	Jane Doe	My neck pain. Causes headaches at times. Radiates to both shoulders and upper back. It is most inconvenient

2022/04/25 19:20	ICareSystem	Sleep: Jane, did you nap today? If you did for how long? Do you nap ever day? Invisible- Care
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2022/04/25 19:57	Jane Doe	Yes I did. For 40 mins. I don't want to but have to most days
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2022/04/26 08:52	ICare System	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 09:00	ICareSystem	Sleep: how many hours did you sleep last night? Did you wake up throughout the night? Invisible-Care
2022/04/26 09:15	ICareSystem	Sleep: how many hours did you sleep last night? Did you wake up throughout the night? Invisible-Care
2022/04/26 10:30	Jane Doe	I slept 4-5 hours last night

4. Mood

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

Aggravating factors: Pain, stress, fatigue, relationship issues

Analysis:

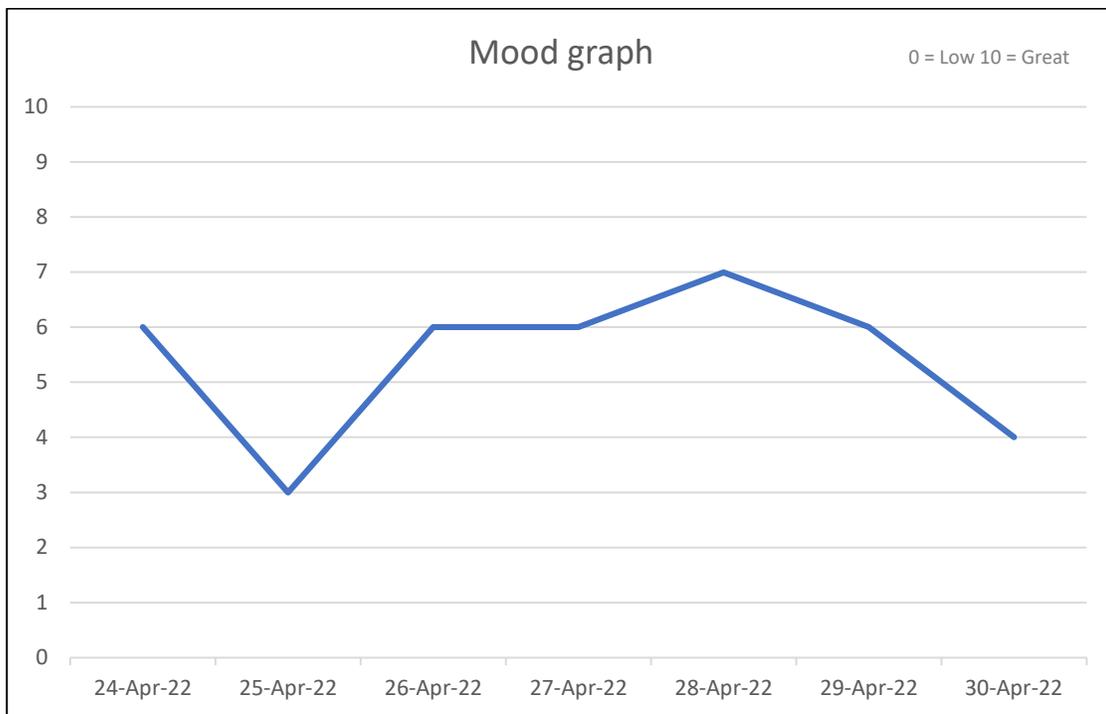


Figure 3. Mood graph depicts daily mood rating across reporting period.

Dialogue:

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2022/04/24 08:16	Jane Doe	No headache. Always fatigued. Mood is okay today.

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2022/04/27 20:35	Jane Doe	Mood 6 pain 8 fatigue 9
2022/04/28 08:30	ICareSystem	Hi, Jane can you please rate your Mood for us today (0 = great, 10 = low). Also, how is your pain (0= no pain, 10 = high)? Invisible-Care
2022/04/28 08:30	Jane Doe	Mood 7 pain 7
2022/04/28 22:25	ICareSystem	Self-Care: Did you brush your teeth and do a night hygiene routine yet?
2022/04/28 22:33	Jane Doe	No
2022/04/28 22:33	Jane Doe	I'm going to bed
2022/04/28 22:33	Jane Doe	My life sucks
2022/04/28 22:33	Jane Doe	There's nothing to look forward to. No hope. Nothing fun. Just sit at home all day. I'm useless
2022/04/29 08:30	ICareSystem	Hi, Jane can you please rate your Mood for us today (0 = great, 10 = low). Also, how is your pain (0= no pain, 10 = high)? Invisible-Care
2022/04/29 08:30	Jane Doe	Mood 6 pain 8

2022/04/30 08:30	ICareSystem	Hi, Jane can you please rate your Mood for us today (0 = great, 10 = low). Also, how is your pain (0= no pain, 10 = high)? Invisible-Care
2022/04/30 10:28	Jane Doe	Mood 4 pain 8

5. Headaches

Frequency: More than 3 per week

Aggravating factors: Poor sleep, reading, staring at screen

Associated symptoms: Blurred vision, photosensitivity

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. The following data is analyzed based on narrative captured throughout the service period.

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
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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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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 over eat or avoid eating? Explain? Invisible-Care
2022/04/25 12:25	ICareSystem	Meals: Do you ever over eat 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

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DOB:

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 kraftmac 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 dint 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 bfasf 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 dint. 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
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

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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

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
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
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

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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:

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
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Barriers: Decreased memory
 Dialogue:

Function Over Time Summary Report

Date of Report:

Re:

DOL:

Claim #:

DOB:

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

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