



Report For : Arthi Anthony	Start Date : 2022/04/01	End Date : 2022/05/04
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Date/Time	UserName	Message
2022/04/24 08:00	ICareSystem	Hi Arthi, thank you for participating in the Function over Time tracking. As discussed we will be asking a variety of questions through text and questionnaires to be able to better tell your Function throughout the week. If you are in agreement to start the data collection please text back: I agree.
2022/04/24 08:10	ICareSystem	Ratings: Hi Arthi, 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 08:15	ICareSystem	Hi Arthi, thank you for participating in the Function over Time tracking. As discussed we will be asking a variety of questions through text and questionnaires to be able to better tell your Function throughout the week. If you are in agreement to start the data collection please text back: I agree.
2022/04/24 08:15	Arthi Anthony	I agree
2022/04/24 08:16	Arthi Anthony	No headache. Always fatigued. Mood is okay today.
2022/04/24 08:17	Arthi Anthony	Sleep sucks. I dont get good sleep. Like 4-5 hours and I wake up 2-3 times. My neck pain back pain killing me. Need to change position
2022/04/24 08:17	Arthi Anthony	And my child keeps me up at night
2022/04/24 08:18	Arthi Anthony	Just a lot of things
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	Arthi Anthony	Yes and yes. I can do both. But takes me awhile. Have trouble bending and lifting my arms
2022/04/24 10:46	JCad	Do you use assistive devices to assist you in the shower? For example, a long handled brush?
2022/04/24 10:59	Arthi Anthony	No I don't.
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	Arthi Anthony	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
2022/04/24 16:00	ICareSystem	Community: Did you leave your home today? If so what did you do? Invisible-Care
2022/04/24 16:01	Arthi Anthony	Went to get groceries. Sundays are the worst. So many chores. Going to take a nap.
2022/04/24 17:20	ICareSystem	Housekeeping: What day this week do you plan to do laundry? Invisible-Care
2022/04/24 17:24	Arthi Anthony	My husband it today morning. I had to do the cooking and cleaning
2022/04/24 17:28	JCad	How did the cooking and cleaning impact your pain?
2022/04/24 18:36	Arthi Anthony	Made me super tired and my back and neck really hurt. Nap dint help the pain
2022/04/24 19:05	ICareSystem	Relationships: Did you have any arguments last week? Please explain. Invisible-Care
2022/04/24 19:05	ICareSystem	Meals: Arthi, what was for dinner tonight? Did you cook? If not who made dinner? Invisible-Care
2022/04/24 19:06	Arthi Anthony	My husband is very supportive. But I did argue with the cashier at the store, she wS too slow
2022/04/24 19:08	Arthi Anthony	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
2022/04/24 19:10	ICareSystem	Sleep: Please upload a picture or describe where you sleep each night? Invisible-Care
2022/04/24 19:11	Arthi Anthony	In my room. King bed. Use an orthoped mattress for my back. But doesn't help
2022/04/25 08:00	ICareSystem	Housekeeping: Arthi, have you done any housekeeping in the last two days? If so what have you done? Invisible-Care
2022/04/25 08:02	Arthi Anthony	Yes vacuuming mopping dusting. Husband did laundry, dishes, and took out garbage
2022/04/25 08:30	ICareSystem	Ratings: Hi, Arthi 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
2022/04/25 08:39	Arthi Anthony	For mood, shouldn't 0=low. My mood is 6. And pain=7

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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	Arthi Anthony	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	Arthi Anthony	My neck pain. Causes headaches at times. Radiates to both shoulders and upper back. It is most inconvenient
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	Arthi Anthony	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	JCad	Are you afraid activity will increase your pain? Invisible-Care
2022/04/25 12:59	Arthi Anthony	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	Arthi Anthony	No I cook twice a week. Can't do more than that
2022/04/25 13:01	Arthi Anthony	I have to do it, it sucks
2022/04/25 13:01	Arthi Anthony	I used to like cooking before, now I hate it
2022/04/25 19:20	ICareSystem	Sleep: Arthi, did you nap today? If you did for how long? Do you nap ever day? Invisible-Care
2022/04/25 19:57	Arthi Anthony	Yes I did. For 40 mins. I don't want to but have to most days
2022/04/25 20:00	ICareSystem	Relationships: Do you feel your family and friends understand your situation? Please explain? Invisible-Care
2022/04/25 20:00	ICareSystem	Ratings: Arthi, can you please rate your Mood for us today (0 = great, 10 = low). 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	Arthi Anthony	They do. The problem is me. I get annoyed easily and frustrated and get into arguments
2022/04/25 20:09	Arthi Anthony	Mood 3 pain 8 fatigue 9
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	Arthi Anthony	Yes. Brushed showered. No make up. Very sleepy today so it's a slow start and
2022/04/26 08:30	ICareSystem	Ratings: Hi, Arthi 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
2022/04/26 08:39	Arthi Anthony	Mood 6 pain 8
2022/04/26 08:52	EMad	Your pain is high today - anything seem to be affecting it?
2022/04/26 08:57	Arthi Anthony	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	ICareSystem	Self Care: Have you showered and dressed this am? If not what is impacting you doing this task? Invisible-Care
2022/04/26 10:30	Arthi Anthony	I slept 4-5 hours last night
2022/04/26 10:31	Arthi Anthony	Yes I did. Feel tired all the time
2022/04/26 11:00	ICareSystem	Medication: Please upload a picture or text all your medication? Invisible-Care
2022/04/26 11:15	ICareSystem	Medication: Please upload a picture or text all your medication? Invisible-Care
2022/04/26 11:49	EMad	Arthi did you take your medication today?
2022/04/26 11:49	Arthi Anthony	No I forgot..I will take it now thanks
2022/04/26 11:50	EMad	Okay great. How are things going today?
2022/04/26 11:51	Arthi Anthony	Not so good. My kid is home sick and I'm already so tired. Got all these chores... bank pharmacy cooking
2022/04/26 12:13	EMad	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	Arthi Anthony	No just me today. Husand is in office today . I am cooking. Will do bank after lunch and pharmacy later in eve

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2022/04/26 12:26	EMad	 All things need a break to recharge! Make time for you. Invisible-care
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 15:00	ICareSystem	Ratings: Arthi do get headaches? How often? How severe? Invisible-Care
2022/04/26 16:27	Arthi Anthony	Yes I cooked. Made microwave meal and ready made salad
2022/04/26 16:27	Arthi Anthony	Yes at least thrice a week. Throbbled back of the head. Comes with neck pain
2022/04/26 20:00	ICareSystem	Ratings: Arthi, can you please rate your Mood for us today (0 = great, 10 = low). 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	Arthi Anthony	Mood is 7 pain is 6 fatigue 6
2022/04/26 22:25	ICareSystem	Self Care: Did you brush your teeth and do a night hygiene routine yet?
2022/04/26 22:41	Arthi Anthony	I did yes. Took Epsom salt bath today. Helped the pain a bit. Ready for bed now
2022/04/27 08:00	ICareSystem	Hi Arthi - just a reminder to take your morning medication. Thanks Invisible Care
2022/04/27 08:10	ICareSystem	Hi Arthi - just a reminder to take your morning medication. Thanks Invisible Care
2022/04/27 08:47	Arthi Anthony	Thanks took it
2022/04/27 12:07	JCad	Hi Arthi, Can you send us a picture or describe what you had for lunch today? Invisible-Care
2022/04/27 12:10	ICareSystem	Meals: Arthi, have you left the stove on in the last week? Please describe event if left it on? Invisible-Care
2022/04/27 12:10	Arthi Anthony	I ate kraft mac n cheese for lunch today.
2022/04/27 12:11	Arthi Anthony	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	EMad	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	Arthi Anthony	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 12:16	Arthi Anthony	
2022/04/27 12:17	EMad	Do you have a consistent time that you use the stove for breakfast? We can send a reminder about 30 minutes later.
2022/04/27 12:17	EMad	Definitely don't want to be eating cookies every day!
2022/04/27 12:19	Arthi Anthony	I try to follow a routine but doesn't always work. Bfast is usually at 8 am. Lunch and dinner i make on weekends as I'm too tired during week.
2022/04/27 12:22	EMad	Okay I will set up a reminder at 8:30 to check the stove is off. What time is dinner usually done?
2022/04/27 12:23	Arthi Anthony	7pm
2022/04/27 12:25	EMad	Okay - so I will do an 8:390 am reminder for breakfast and a 7:30 PM reminder on Sat/Sun to makes sure that the stove is off and will check in next week to see how that timing is working.
2022/04/27 12:25	Arthi Anthony	Perfect thanks
2022/04/27 12:26	EMad	Welcome!
2022/04/27 13:16	JCad	Arthi, did you clean up after you lunch? Invisible-Care
2022/04/27 14:02	Arthi Anthony	No I dint. I will wait for my husband to return from work to do it.
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	Arthi Anthony	Nope. Just at home. Watching TV. Laying on couch
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	Arthi Anthony	My husband mostly. Sometimes I accompany him maybe once a month for lighter groceries. Hes been doing them since thr accident

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2022/04/27 20:00	ICareSystem	Ratings: Arthi, can you please rate your Mood for us today (0 = great, 10 = low). 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: Arthi, can you please rate your Mood for us today (0 = great, 10 = low). 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	Arthi Anthony	Mood 6 pain 8 fatigue 9
2022/04/28 08:00	ICareSystem	Housekeeping: Arthi, do you have any housekeeping that needs to be completed? Who will do these tasks? Invisible-Care
2022/04/28 08:01	Arthi Anthony	Not today on weekends. I do cooking and caring for son, husband does everything else
2022/04/28 08:30	ICareSystem	Hi, Arthi 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	Arthi Anthony	Mood 7 pain 7
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	Arthi Anthony	Yes I have. I dont feel good today. I'm in bed
2022/04/28 10:31	Arthi Anthony	Very tired and body pain
2022/04/28 10:31	Arthi Anthony	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: Arthi do get headaches? How often? How severe? Invisible-Care
2022/04/28 15:02	Arthi Anthony	I dint cook. Ate left over from yesterday
2022/04/28 15:02	Arthi Anthony	I have a headache today. 7/10. Took tylenol
2022/04/28 17:34	JCad	Arthi, this week did you drive anywhere? Invisible-Care
2022/04/28 17:35	Arthi Anthony	Yes I did to bank and pharmacy. I dont take highways just back roads
2022/04/28 17:36	JCad	Is this different from your normal routes? Invisible-Care
2022/04/28 17:36	Arthi Anthony	I used to take highway before, not anymore so takes me awhile to get to places
2022/04/28 17:36	Arthi Anthony	Its pretty annoying
2022/04/28 17:37	JCad	Why don't you take highways? Invisible-Care
2022/04/28 17:37	Arthi Anthony	I'm scared of getting into accident
2022/04/28 17:37	Arthi Anthony	Brings back flashbacks even now
2022/04/28 17:38	JCad	Do you get scared in the vehicle when you are a passenger? Invisible-Care
2022/04/28 17:38	Arthi Anthony	Yeah especially at night. I'm always tense
2022/04/28 20:00	ICareSystem	Ratings: Arthi, How difficult is it for you to maintain energy throughout the day? Invisible-Care
2022/04/28 20:01	Arthi Anthony	Extremely difficult. Im lying on my couch
2022/04/28 20:01	Arthi Anthony	I feel bad coz my son is home and I can't play with him
2022/04/28 20:01	Arthi Anthony	Its such a terrible feeling 😞
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	Arthi Anthony	No
2022/04/28 22:33	Arthi Anthony	I'm going to bed
2022/04/28 22:33	Arthi Anthony	My life sucks
2022/04/28 22:33	Arthi Anthony	There's nothing to look forward to. No hope. Nothing fun. Just sit at home all day. I'm useless
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 07:05	ICareSystem	Arthi, How difficult is it for you to stay out of my bed during the day? Invisible-Care
2022/04/29 07:15	ICareSystem	Arthi, How difficult is it for you to stay out of my bed during the day? Invisible-Care
2022/04/29 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

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2022/04/29 08:29	Arthi Anthony	I used to plan social arrangements. Not anymore. We don't do much anymore . I have low tolerance for crowd and sounds
2022/04/29 08:29	Arthi Anthony	I dont feel like stepping out of the house at all or meeting anyone
2022/04/29 08:29	Arthi Anthony	Very difficult to get out of bed
2022/04/29 08:30	ICareSystem	Hi, Arthi 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	Arthi Anthony	I'm up. Eating bfast. Toast n eggs
2022/04/29 08:30	Arthi Anthony	Mood 6 pain 8
2022/04/29 12:10	ICareSystem	How many times have you ordered in food this week?
2022/04/29 12:25	ICareSystem	How many times have you ordered in food this week?
2022/04/29 14:40	Arthi Anthony	5 times
2022/04/29 16:00	ICareSystem	Community: Did you leave your home today? If so what did you do? Invisible-Care
2022/04/29 19:40	ICareSystem	Leisure: What are you plans for the weekend? Is there anything you are looking forward to doing? Invisible-Care
2022/04/29 20:00	ICareSystem	Ratings: Arthi, How difficult is it for you to maintain energy throughout the day? Invisible-Care
2022/04/29 20:15	ICareSystem	Ratings: Arthi, How difficult is it for you to maintain energy throughout the day? Invisible-Care
2022/04/29 22:12	Arthi Anthony	I dint leave house
2022/04/29 22:12	Arthi Anthony	My plans are to take my kid to the park next to my house tomorrow
2022/04/29 22:12	Arthi Anthony	Very difficult. 0 energy tonight
2022/04/29 22:13	Arthi Anthony	Have an appt with my gp tomorrow
2022/04/30 08:30	ICareSystem	Hi, Arthi 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	Arthi Anthony	Mood 4 pain 8
2022/04/30 11:00	ICareSystem	Arthi, 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	Arthi Anthony	I got into an argument with my husband today
2022/04/30 11:25	Arthi Anthony	Even though it was my fault
2022/04/30 11:25	Arthi Anthony	I just snapped
2022/04/30 11:26	Arthi Anthony	I left the milk carton out
2022/04/30 11:26	Arthi Anthony	I forgot
2022/04/30 11:26	Arthi Anthony	I forgot everything
2022/04/30 11:26	Arthi Anthony	I'm useless
2022/04/30 13:30	ICareSystem	Relationships: Have you spent time with loved ones or friends this week? Invisible-care
2022/04/30 18:00	ICareSystem	Arthi, thank you very much for engaging all week with Function over Time Tracker. Please reach out if you have any questions. Your service is now complete. All the best in your recovery. Invisible-Care