

Migraine Diary

User Manual

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Introduction

Migraines affect millions of people worldwide with each case being unique. Neurologists that treat migraine patients need to understand the unique properties of their patient's migraines before they can attempt treatment and prevention. Migraine diaries are a tool commonly used to detect patterns in behavior and to determine effectiveness of treatment.

I originally designed this application for my Master's Capstone project but I had a goal in mind of publishing this application for everyone to use.

Installation

Installation of Migraine Diary is performed through Apple's iTunes. This software only works on iPhone and iPod touch devices. To install, follow this simple procedure:

1. Open iTunes.
2. Select the iTunes Store.
3. Search for "Migraine Diary" and find the application published by Net Workz LLC.
4. Click Buy.

The application will be downloaded to your iTunes Library and should be installed onto your device upon the next synchronization. For details regarding application installation and removal, please visit Apple's website at:

<http://www.apple.com/iphone/how-to/#app-store.downloading-applications>

Purpose of a Migraine Diary

If you suffer from migraines are under the care of a neurologist or family doctor, chances are you've used a migraine diary before. If not, now is a good time to start! A migraine diary sounds like what it is - a record of your migraines. It helps keep track of when you had a migraine, how long it lasted, anything you think may have triggered it, and if you took any medications to help. Since it is really easy to lose perspective when you are in your doctor's office, having the diary gives empirical evidence on the frequency, duration and environment surrounding your condition.

The purpose of this migraine diary application is to help combat the one thing that stood in my way of keeping a good diary - forgetfulness. More typically than not, migraine diaries are started with all good intention and then a few days later, they are forgotten. Keeping a paper book or pamphlet with you at all times and being fastidious about recording your activity is frustrating. This application, being designed for a portable

device, means you'll always have it with you! You can share your activity with your neurologist while in their office or even e-mail yourself a copy of the diary to print out.

Application Overview

Starting Migraine Diary, you'll be presented with the following screen:



The main screen is where you'll see all of your journal entries. Right now it's blank because you haven't entered anything! You can review entries you've already made, enter new ones, and delete any that you don't want to keep any more.

On the bottom of this screen, you see a navigation bar with four icons. The Journal icon is selected and the Journal Entries screen is shown. The Share icon displays a screen giving you the ability to selected a date range of your entries and then attaches it to an e-mail. On your computer you can open the attachment in a spreadsheet program and keep track of things. The Learn icon presents a graph showing your migraine activity over the past 30 days. This is one way you can start to see a pattern of your activity by looking at a graphical representation of your pain! The Settings icon gives you a screen that lets you add medications, triggers and treatments specific to your condition.

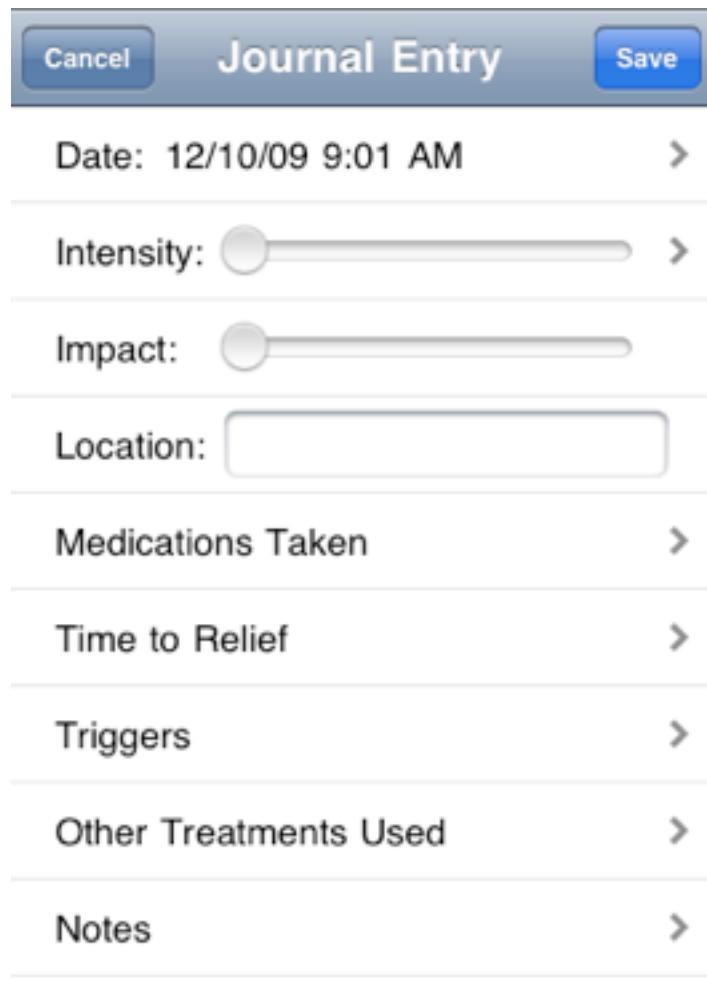
Typically you'll only be using the main screen, entering in new activity. When you visit your neurologist, you can present him or her with the Learning screen to show activity or a print out that you mailed yourself in the Share screen.

Recording a Migraine

The core function of this application is to record your migraine activity. Start this by going to the "Journal" screen if you're not there already, and tap the icon that looks like:



You are now presented with a blank journal entry.



Date is the date and time your migraine started. If you're entering this after the fact, then you'll want to tap the Date row and select the date and time using the scrolling wheels.

Intensity is the amount of pain you're experiencing. If you have trouble figuring out a good way to gauge the pain, tap the row and you'll be presented with a list of faces with varying levels of discomfort pictured. Children are shown this chart in the hospital to describe their pain and it works great for your needs too!

Impact is an arbitrary scale that describes how much this migraine is impacting your day. You can choose to not use this scale but many times a migraine can be low in intensity but so distracting you can't perform basic tasks.

Location is a text field that you'll type in where is the pain located on

your head or body.

Tapping the Medications Taken, Triggers, and Other Treatments Used rows will present a screen that lets you select one or more items that apply. For example, if you take an Imitrex to combat your migraine, go into Medications Taken and select Imitrex. If you need to add additional items to these three screens, please go to the Settings screen where you'll find the configuration for this.

Time to relief is used when your migraine has gone away to record the date and time. If you don't have an exact date and time, just give your best guess.

The Notes screen is your catch-all for anything that you feel is important to record.

When you're done with the entry, tap the Save button up top, and you'll see the entry be inserted into the table. If you'd rather not save, tap Cancel and your entry will be discarded.

Managing Your Diary

Once you've begun entering journal entries into the application, you'll have a screen full of items. If you don't have your iPhone or iPod touch with you, you can always come back later and enter the data in as best as you can remember.

To delete an entry, swipe your finger across the row you'd like to remove. You'll be presented with a delete button which, when you tap, your entry will be deleted. There is no way to undelete an entry so be careful.

You may find you only want to keep a month or so of data in the application. You can use the Share feature (see next section) to e-mail yourself the contents of your diary and then delete those entries. The application was written to handle an unlimited amount of data so you may choose to keep your entire diary!

You will also need to maintain a list of your medications, any specific triggers you know of, and any treatments other than medication you may have attempted to use. Go to the Settings screen and you'll see a list of the three categories you can edit. Tap on Medications and you'll see a small list of pre-configured medications that came with the application. If you need to add more, tap the plus sign icon in the upper right and enter in the text describing the medication. If you want to delete one because it doesn't apply, follow the same swipe procedure described to delete a journal entry on the medication in the list. Please note deleting a medication from this screen does not delete it from your journal entries that may have had it selected.

Sharing Data

Eventually you're going to be sharing your diary with someone else. This may be a neurologist, family doctor, or even yourself! Exporting your data is really simple and is all based off of the date of your migraine.

When you first enter the screen, the "From" button is selected and today's date is showing in the scroll wheels. Selected the earliest date you want to include in your export by scrolling each wheel back and forth. To select the latest date, tap the "To" button and select the latest date on the scroll wheels. When you have the dates selected that you want, tap Send Journal Entries. You'll be presented with a new e-mail window with your data attached as a file. If your dates don't return any results, a window will pop up telling you this.

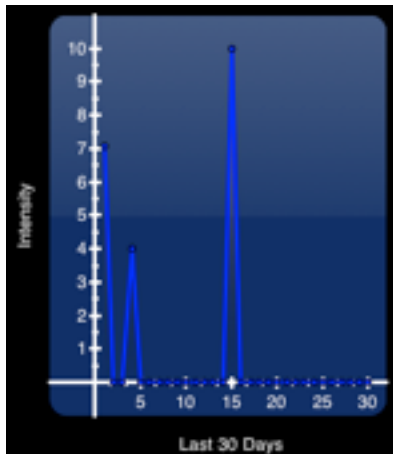
Enter in the e-mail address you'd like to send the file to and click Send.



When you receive the file on your computer, you'll need to open the file with Microsoft Excel, Apple Numbers or OpenOffice's spreadsheet program. The file is in tab-delimited format, meaning there is a tab character between each field. Every diary entry is on its own row. Also included is a column headings row so you know what each field is for. Consult your spreadsheet application's help screens on how to open or import a text file.

Learning About Your Migraines

Ultimately, the whole point of keeping a record of your migraines is to determine if there is a pattern. Sometimes weather, menstrual cycles, food, and other activities can be a trigger. Other times, there may be no apparent trigger. The Learn screen shows a graph of the past 30 days of your migraine activity. In the future, more graphs will be included but this is probably the most important. The intensity rating of 0-10 that you selected is mapped across each of the past 30 days. Days you didn't have a migraine will show up as 0.



At this time, the chart is only updated when you start the application. If you just entered a diary entry, the chart will not be updated until you close and reopen the application.

Day 1 is today with Day 30 being the farthest away.

Questions, Comments, Suggestions

This application will always be a work in progress. I welcome feedback of any kind so that this can be the best migraine diary!

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