

Encephalopathy Symptom Tracker

- You and your caregivers at home can **use this symptom tracker once a week** to help recognize mental and physical symptoms of hepatic encephalopathy
 - Place an “x” in the box if you notice any of the symptoms listed
- If you notice new or worsening symptoms, call your doctor for an urgent appointment or go to the emergency room
- Please **bring this record to every doctor’s appointment.**

		Week 1 Date __/__/__	Week 2 Date __/__/__	Week 3 Date __/__/__	Week 4 Date __/__/__	Week 5 Date __/__/__
Mental Symptoms	Confusion					
	Forgetfulness					
	Poor judgement					
	Extra nervousness or excitement					
	Not knowing where you are					
	Unusual behaviour					
	Severe personality changes					
Physical Symptoms	Breath with a musty or sweet smell					
	Change in sleep patterns					
	Worsening of handwriting					
	Loss of small hand movements					
	Shaking/flapping of hands or arms					
	Slurred speech					
	Slowed/sluggish movement					