

Activity Log Directions

6-Point Scale for Fatigue and Pain Measurement Wong-Baker FACES Pain Rating Scale

 0 NO HURT	 2 HURTS LITTLE BIT	 4 HURTS LITTLE MORE	 6 HURTS EVEN MORE	 8 HURTS WHOLE LOT	 10 HURTS WORST
I feel good 0	I am a little tired, but I can still participate 2	I can do most activities with some rest breaks 4	I can participate in some activities with many breaks 6	I am unable to participate in most activities even with breaks 8	I am unable to participate in any activities because I am exhausted 10

The initial set up of the Activity log includes inputting the specific information relative to the individual child's schedule. The column entitled: "Power Chair Use" can be deleted if the child is not currently in need of this device. If the child is using alternate means of mobility, the child's team can determine the best use of this column as related to energy conservation. The "Reward" can be deleted as well should there not be a need for positive reinforcement for the use of the log. Determination of its use is based upon the present needs of the child by his/her school-based team. The columns entitled: "How do you feel?" and "Adult Check-In" are to remain as is.

An example row entry for the Activity Log

Homeroom 8:00-8:20 am	Activity: Morning Work Seating: Classroom Chair	<input checked="" type="radio"/> YES <input type="radio"/> NO	 Wong-Baker FACES Pain Rating Scale 0 NO HURT, 2 HURTS LITTLE BIT, 4 HURTS LITTLE MORE, 6 HURTS EVEN MORE, 8 HURTS WHOLE LOT, 10 HURTS WORST	Adult Check-In: Teacher
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Step 1: Once the log is customized to the child and ready for implementation, it is suggested to complete the log for 3-5 consecutive school days.

Step 2: At the beginning of the school day, if the "reward" system is being utilized, the child selects the end of the day reward. The name of the reward is entered onto the log where indicated. The child then determines present level of energy/pain based on the 6-point fatigue and pain management scale rating where indicated. Should the "reward" system not be utilized, the only item to complete at the start of each school day is the energy/pain scale.

Step 3: Assessment of the child's energy/pain is captured where indicated throughout the day using the printed scale within the log.

Step 4: Upon completion of the pre-determined initial time frame (i.e., 3-5 consecutive school days), the child's school-based team (including parent) is recommended to review the completed logs to determine if there are any trends in the level of fatigue. Adjustments to the child's schedule should be made to assist with reducing the tasks/activities/seating/time allotment that may be contributing to increased fatigue levels.

Step 5: The activity log, once adjusted from the initial implementation, should be reviewed and modified as needed at a pre-determined frequency such as every 4-6 weeks.