

Wearing off Checklist

Complete this form and be sure to document it with your nursing team and/or bring a copy to your next doctor's appointment.



PMD Alliance

Parkinson & Movement Disorder Alliance

	Experience this symptom?	Symptom improves with dose of medication	Improvement lasts until next dose of medication
<u>Non-Motor Symptoms</u>	YES NO	YES NO	YES NO
Slowed/cloudy thinking	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Staring gaze	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Depression/excessive sadness or helplessness	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Loss of motivation	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Feeling emotional	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Anxiety/panic attacks	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty in stressful situations	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Impulsiveness	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Fatigue	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Sleep disruption	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Sweating/hot flashes and chills	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Dizziness	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Chest pain	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Nausea/abdominal distress or pain	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty cutting food	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Numbness/tingling	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Urinary urgency	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO

	Experience this symptom?	Symptom improves with dose of medication	Improvement lasts until next dose of medication
<u>Motor Symptoms</u>	YES NO	YES NO	YES NO
Tremor	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Decreased dexterity	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Stiffness	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty writing	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Muscle cramping	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Trouble walking/ Freezing of gait	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Slow movements	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty turning in bed	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Problems dressing	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty chewing	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty swallowing	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Drooling	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty cutting food	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty speaking	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Low voice volume	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty bathing	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Difficulty grooming	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO
Pain	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO