

# Appendix G: Methadone Learning Tool Calendar

\*Adapted from Julie Hinton, BScN student, with permission

This calendar was created to help clients track how their bodies are reacting to their methadone dose. The idea is for the client, each day, to write the relevant code (see legend at the bottom) on the calendar date. The calendar tool will then be brought to the health care professional for assessment, facilitating discussion about the correlation between methadone dose and resulting symptoms.

Trend's side effects of methadone dosing using I, II, III, IV, V, VI and/or VIII. (see legend below)  
Nurse to enter methadone dose each week in this tool.

February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
					1	2		
3	 4 —mg	5	6	7	8	9		
10	 11 —mg	12	13	14	15	16		
17	 18 —mg	19	20	21	22	23		
24	 25 —mg	26	27	28	29			
Legend	 Doctor Visit	 I=Nausea	 II=Bone Pain	 III=Used Drugs	 IV=Nodding Off	 V=Sweats	 VI=Good	 VII=Anger