
SUMMARY OF SUBJECT'S CLINICAL DIARY
Main topics covered in first 215 days, 2 November 1993-5 June 1994

DAYS COVERED BY EARLY DIARY ENTRIES	215
ENTRIES (daily for the first 146 days, one for the next 69)	147
OFFICE VISITS (an adjustment was given at 19 visits and withheld on 4)	23
DAYS ENTIRELY FREE OF SYMPTOMS (54.8%)	118
DAYS OF MILD OR BRIEF SYMPTOMS ("not a worry") (15.8%)	34
DAYS OF MODERATE OR SEVERE SYMPTOMS ("worrying")(29.3%)	63
MENTIONS OF MAIN INDIVIDUAL SYMPTOMS (often more than one on a given day)	135
Neck pain (7 severe episodes, 56 mild)	63
Otalgia, right ear 17, left ear 5	22
Tinnitus, right ear	6
Hearing loss, right ear	2
Disorientation	1
Other ear symptoms (unspecified)	2
Sleeping difficulties	17
Headaches, 4 severe, 9 mild	13
Jaw pain (right TMJ 2, both TMJs 2)	4
"Strange sensations" (brief, mild paraesthesias)	5
POST-ADJUSTMENT EFFECT REPORTS (extent of relief of symptoms)	19
LOSS-OF-ADJUSTMENT EFFECT REPORTS (extent of return of symptoms)	24
SELF-HELP EFFECT REPORTS (extent of control of symptoms): Chinese pillow (16), reducing stress (2), Feldenkrais exercise (2), varying work (1)	21
STRESS-EFFECT REPORTS (events tending to trigger or aggravate symptoms): windy days and noises (6), reading and writing (3), busy days, late nights (3), menses (3), tiredness and being too busy (2), long drives (1), tension and anxiety (1), job interview (1)	20
ENTRY #147 (SUMMARY): "Chiropractic care has reduced my Meniere's disease symptoms to minimal."	

The summary above is based on a review by the subject and the first author of a clinical diary with few numbers and many words. Symptom severities, for example, were usually recorded in words rather than numbers. Other observations involved considerable detail ("I had a fear of the unknown in the beginning and I probably recorded everything"). The subject distinguished finely between similar events (e.g. "tingling in head," "numbness behind the right ear"), anatomical locations (e.g. cranial, upper, mid- and lower-cervical regions) and types of discomfort, e.g. in the right neck (ache, pain, soreness, tightness, tiredness) and, e.g. in the right ear (fullness, pressure, block, ache, soreness, numbness). The table therefore presents an overview made approximate by the need to fit verbal accounts of severity into "mild," "moderate," or "severe" categories and the need to ignore some distinctions of place and pain.