

HEALTHCARE USE CALENDAR

for the month of _____

Participant ID:

Please record any healthcare professionals that you have seen and medication that you have taken on each day. Include visits and medication for any illness or injury (not only for your knee). Do not include physiotherapy visits for the study.

This information is needed to work out your healthcare use and out of pocket costs.

Include medications, creams (include the name, strength and frequency of use e.g. Panadol 500mg, 2 tablets)

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
Examples: Panadol 500mg, 2 tablets, 3 x today 60-minute massage 60-minute 1:1 personal training				Visit to GP for flu symptoms	Please cross calendar and record as "NIL medications or other treatments USED" if none used for this month.	

At the end of the month, please send a photo or scanned copy of this calendar to your circled study staff member (on page 2): Adam Culvenor (superknee@latrobe.edu.au) or Andrea Bruder (superknee@latrobe.edu.au) and bring it with you to your follow-up assessment.