

The PLC online manual

Log in:

Every patient will get a user name and a password for individual access. Enter your user name and password and click on "ok".

Settings:

The first time you use the PLC online, click on settings and enter your language, your center and patient number (that we give you), your gender, your password for the PLC, the email address (that your chart will be sent to), your setting number (which is the patient number). Now you can start the program!

Organisation of the PLC:

There are several parts of the PLC online, such as functioning, mood, drugs etc. You can go there by always clicking "next" on each page or by clicking in the upper left corner, where a "Lifechart" button will appear and then choosing the page you want to look at.

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Administration:

If you click in the upper left corner, a box labelled "administration" will appear in the upper right corner. By clicking on that, you can go to settings (Einstellungen), day list (Tagesliste), Sync select, LifeChart, Installation and drug interactions (IABericht)

Clicking on the settings button takes you to the settings page (refer to section "settings").

Clicking on daylist allows you to see your functioning, mood and sleep that you entered every day.

Clicking on Sync Select will take you to the synchronisation process (refer to section "synchronising you data").

If you click on Life Chart, and then on "generate" you will see a chart of your mood and functioning. You can chose the beginning and ending day of the chart span. After having clicked on "generate", you can also download, or mail your chart by clicking on the buttons.

Clicking on "IABericht" will tell you if there are any known interactions between drugs that you took in a certain time. Again, you can chose the first and last day of that time span.

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Function \ Impairment		06/03/04
Highest		Lowest
M	+4 severe: incapacitated	+4
a	+3 high moderate: great difficulty	+3
n	+2 low moderate: some difficulty	+2
i	+1 mild: (slight) impairment	+1
a	±0 balanced	±0
D	-1 mild: (almost) effortless	-1
e	-2 moderate: some effort	-2
p	-3 marked: great effort	-3
r	-4 severe: incapacitated	-4
e		
s		
s		

Function / impairment:

Enter how much your manic or depressive symptoms affect your ability to function in daily life (in your job, in education, in relationships, etc.) Do not judge your mood on this page, but the impact your lowest and

highest moods have had on your functioning. There are 4 levels of impairment for mania and 4 levels of impairment for depression: light, moderate, clearly and severe. -4 marks severe restrictions, for example when you were unable to get up and work because of a depressed state. +4 marks severe impairments in your life caused by a manic state. Choose your maximum and your minimum impairment for this day, for example: +2 max and +1 min for slight impairments caused by a hypomanic state.

Mood:

There are two bars, the upper one representing your maximum mood throughout the day, the lower one for the minimum mood. In each bar, the left edge stands for the heaviest state of depression, the middle for a balanced mood and the right edge of the heaviest state of mania. Choose the positions on the bars that represent your highest and deepest point of mood throughout the day.

Drugs:

If nothing in your medication has changed from the previous day, touch the box "all like yesterday" and you are already done! Otherwise, you can touch the names of the drugs or their number to change them: If you click on a cross under "drug description", you'll see a medication list. You can choose drugs from this list (by clicking on the drug and then on "use"). If you have clicked on a medication instead of on the cross, you can stop this medication by clicking on "stop". If you want to add side effects to this medication, do this by clicking on "AR". If you want to choose a medication that is not yet on the list, click on "add". You can choose a letter that you write on the line and say "filter", and it's only going to show you the drugs that start with this letter. Choose a medication, say "okay" and enter the dose, the units (mg, µg) and the packing (such as bags, tablets). If your drug is not on that list, either, just click on any drug and change the name.

When entering information, use the keyboard, and when choosing an item from a list, just touch it with your pen. These functions do not exist in the LCM, which makes the PLC a precise supplement. Soon you will have found out your individual side effects of each drug and drug combinations.

Day 06/10/03

Function max +1 min -2

Mood max 58 min 29

Drugs unchanged

Life Events Effect ▼ -2

Comorbid Symptoms

hospitalized Sleep: 7 h

menses Switchcount:

dysphoric mania

change date (back) (done)

Sleep, hospitalizations, menses, dysphoric mania and life events:

Next, you mark the hours of sleep -rounded to the next full hour- by clicking on that number. Only consider the time you slept during the night, not during the day! This will help you notice in advance when a manic or depressive episode is coming up, as patients tend to sleep less while manic and more while depressed. On this page, you also check if you are hospitalized, if you are having your menses (females only), and if dysphoric mania arises, which means you find yourself depressed without being slowed down or tired but rather angry and irritable. If you entered extreme differences between your maximum and minimum mood before, you can now enter how many mood switches you had this day. You can now also enter life events. You judge their effect on your life by giving them a number between +4 (best possible effect) and -4 (worst possible effect, e.g. death of a close friend). Again, you can choose life events from a list or describe it. On this page you also find a box labelled "comorbid symptoms". These are other illnesses you are suffering from, like a cold or pain. If you suffer from comorbid symptoms, check the box and describe the symptoms. You could also touch the button "copy from yesterday" if the symptoms are the same ones as the previous day.

Day 06/10/04

Function max +2 min -2

Mood max 88 min 32

Medications unchanged

Life Events

Comorbid Symptoms

hospitalized Switchcount: 2

menstrual period Sleep: 23 h

dysphoric mania

change date ◀ ▶

Day overview:

On the next page, you will get the day overview of the most important entries you made. If you made a mistake, you can correct it now by going back. In this overview, your mood (that you chose from two bars) is converted into a number between 0 and 100. 0 stand for the strongest depressive state (on the bars, it was the far left end), and 100 stands for the strongest maniac state (the far right end on the bars).

On this page, you can also choose the day: if you forgot to enter the information the day before, touch the bar "change date" to enter this information.

Synchronizing your data

By clicking on the FTP sync sing, your data will be sent to a central computer in Germany confidentially. Next time you start the PLC online, you can view the data you entered before (see: Administration)