

HMCTS Ref:

17/11/20

NINO:

10 day diary for Mrs A

Friday 8 November 2020

Woke at approx 8.30am. Laid flat for 30 minutes to try and settle my head a little bit as felt dizzy. Sat up with head rested on a pillow until about 9.45am as I have to get up really slowly in the morning as I feel dizzy, off balance and have vertigo and have to sit until head feels ok so I can get up without falling over.

Had breakfast. Had a shower with husband nearly as he is on holiday leave for a few days and I felt dizzy and off balance. Sat on bed for about 15 minutes after shower to settle down dizziness/vertigo. Got dressed, sat down again for a few minutes as felt dizzy and nauseous. Put some washing in washing machine. Husband put it on airer when finished as I felt too dizzy to do this.

Watched TV until lunchtime. Husband made lunch as I felt too dizzy to do it. Went on laptop for half an hour. Sat and watched TV for about 4 minutes.

At 2pm – left house to go to GP appointment (2.20pm appt), husband drove. Saw GP. About 3pm I sat in car while husband went into a shop as I felt too dizzy and off balance to go in the shop with him. Got home about 3.30ish. Felt dizzy/medium vertigo attack. Laid down for 2 hours. Husband cooked dinner as I was still feeling dizzy and off balance. Got up at about 5.30pm. Ate dinner. Watched dvd after dinner. Loaded dishwasher. Watched TV for an hour. Went on laptop for half an hour. Went to bed at about 10.30pm.

Saturday 9th November 2020

Woke up at approx. 8.30am. Laid in bed until 10am to settle dizziness a bit. Sat up in bed with head rested on a pillow until 11am to settle head as it takes me a lot of time to get up in the morning because of dizziness and being off balance and if I hurry too much it can make me a lot worse during the day. Had quick wash. Got dressed and sat down for 15 minutes as felt dizzy and nauseous. Had a coffee. Didn't feel like eating breakfast as felt nauseous. Went on laptop and watched TV until about 12.30. Cut up vegetables and chicken for dinner and put in slow cooker. Husband made lunch at about 1pm as I felt too dizzy. Watched TV until about 2.30/3pm. Wiped surfaces etc in kitchen and cleaned sink. Sat down with head still (to try and get rid of dizziness/vertigo) for half an hour. Cleaned downstairs toilet. Had to sit down for an hour as it made me very dizzy and had a vertigo attack. Put rice on to cook, dished up dinner and ate it. Watched a film/TV for a couple of hours. Went on laptop for an hour. Set off my vertigo so went to bed. Couldn't get to sleep for a while as still had vertigo and felt nauseous.

Sunday 10th November 2020

Woke up at 9.30. Laid flat for half an hour to try and settle dizziness. Sat up in bed with head rested for half an hour until dizziness/vertigo/imbalance had settled enough for me to get up. Had breakfast. Had quick shower while husband stayed nearby as felt a bit dizzy. Watched tv until about 12.30. Went on laptop for half an hour. Mopped kitchen floor. Emptied dishwasher. Sat down for a bit as felt dizzy and off balance, then had Sainsburys grocery delivery at about 3.00/3.15. Tried to help husband put the shopping away but couldn't as felt too dizzy and had a mild vertigo attack because I reached into a top cupboard to put something away. Laid down for a couple of hours to try and ease vertigo attack. Got up about 5.30pm, but dinner in oven. Husband dished up at 6pm as I felt a bit dizzy still and was too scared I would burn myself or drop the dinner on the floor. Still felt a bit dizzy so layed down for 2 hours watching a film/TV. Went to bed about 10pm.