|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Kontaktuppgifter** | | | | | | | | | | |
| Användarens initialer | | |  | | | | | | | |
| Arbetsordernummer | | |  | | | | | | | |
| Förskrivarens namn | | |  | | | | | | | |
| Kartläggning och skattning före användning av tyngdväst | | | | | | | | | | |
| **Beskrivning av situationen utan tyngdväst** | | | | | | | | | | |
| Svara genom att sätta ett X på linjen där det stämmer bäst. | | | | | | | | | | |
| 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Motorisk oro | | | | | | Lugn och avslappnad | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Psykisk oro/Ångest | | | | | Lugn/Fri från ångest | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Okoncentrerad | | | | | Koncentrerad | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Arg/Irriterad | | | | | Lugn till humöret | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Trött | | | | | Vaken/Pigg | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Självskadetendenser | | | | | Lugn | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Dålig kroppsuppfattning | | | | | Bra kroppsuppfattning | | | | |

|  |  |
| --- | --- |
| Annat: |  |

Uppföljning efter användning av tyngdväst

|  |  |
| --- | --- |
| Typ av väst |  |

**Beskrivning av situationen med tyngdväst**

Svara genom att sätta ett X på linjen där det stämmer bäst.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Motorisk oro | | | | | Lugn och avslappnad | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Psykisk oro/Ångest | | | | | Lugn/Fri från ångest | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Okoncentrerad | | | | | Koncentrerad | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Arg/Irriterad | | | | | Lugn till humöret | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Trött | | | | | Vaken/Pigg | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Självskadetendenser | | | | | Lugn | | | | |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Dålig kroppsuppfattning | | | | | Bra kroppsuppfattning | | | | |

|  |  |
| --- | --- |
| Annat: |  |