IMPACT
Individualised self-Management ProgrAmme for long-term CondiTions

NHS
University Hospitals of Leicester
NHS Trust

Keeping an Angina Diary

Keeping a record of your angina episodes can help you see changes in the patterns and presentation of your angina.

The diary can also help you identify what triggers your angina and help your healthcare professional decide on your treatment.

Fill in both parts of the diary each time you experience angina.

PART 1		Location of pain/discomfort								
Date	Time	Chest	Arms		Shoulders		Neck	Jaw	Back	Other (state)
			L	R	L	R				
10/1/24	*8am*	*X*		*X*			*X*			

PART 2				Relieved by		
Activity at onset	Duration	Intensity	Description	Rest	GTN	How much?
		0 - 10 *(10 is high)*				
	2 mins	*4*	*Heaviness*		*X*	*2 sprays*