



PATIENT & EMERGENCY CONTACTS

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MEDICAL INFORMATION

ALLERGIES
Penicillin; latex
CURRENT MEDICATIONS
Levetiracetam 500mg twice daily; Lamotrigine 100mg nightly

DO NOT ADMINISTER
Carbamazepine — caused severe rash in 2024

SEVERITY GUIDE

In Alex Rivera's own words. Severity is defined separately for each condition, so the same number can mean different things.

Seizure

- 1 Barely noticeable. I feel a little off for a few seconds, then carry on with what I was doing.
- 2 Mild. Some dizziness or muddled thinking, but I stay aware and feel like myself again fairly quickly.
- 3 Moderate. I lose the thread of what I was doing and need to sit down. Usually tired afterwards.
- 4 Strong. I am not really aware of what is happening and do not remember it after. I would rather not be alone.
- 5 The hardest ones for me. I am completely out, and wiped out for the rest of the day.

Migraine

- 1 Background ache. I notice it but I can work through the day normally.
- 2 Nagging. I am slower than usual and screens start to bother me.
- 3 Hard to ignore. I close the blinds and stop anything that needs concentration.
- 4 Rough. Light and sound are too much, and I usually feel sick with it. I lie down in the dark.
- 5 The worst ones. I cannot do anything at all and it takes me a day or more to feel normal again.

SUMMARY

Seizure

TOTAL SEIZURES	AVG DURATION	AVG SEVERITY
25	2 min 12 sec	3.1/5
MOST COMMON LOCATION	MOST COMMON SYMPTOM	MOST COMMON TRIGGER
Home	Confusion / Dizziness (tied)	Lack of sleep

Migraine

TOTAL MIGRAINES

14

MOST COMMON DURATION

4-12 hours

AVG SEVERITY

3.1/5

MOST COMMON LOCATION

Home

MOST COMMON SYMPTOM

Throbbing pain

MOST COMMON TRIGGER

Skipped meal / Stress (tied)

EVENT LOG (39)

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
1	Aug 20, 2026 10:02 PM Since previous (same condition): 2 days, 6 hours · Logged by Jordan Blake	Seizure	0 min 18 sec	● 4 Severe	—
2	Aug 18, 2026 03:59 PM Symptoms: Hungry Notes: Came out of nowhere Since previous (same condition): 2 weeks, 3 days	Seizure	2 min	● 5 Very Severe	Gym
3	Aug 1, 2026 10:52 PM Since previous (same condition): 5 days, 5 hours	Migraine	Under 1 hour	● 4 Severe	—
4	Aug 1, 2026 04:45 AM Since previous (same condition): 5 days, 16 hours	Seizure	0 min 30 sec	● 5 Very Severe	—
5	Jul 27, 2026 05:30 PM Symptoms: Throbbing pain Triggers: Skipped meal Since previous (same condition): 6 days, 2 hours	Migraine	1-4 hours	● 4 Severe	Home
6	Jul 26, 2026 Time unknown Symptoms: Confusion Notes: Not sure exactly when — found out later. Since previous (same condition): 2 days, 4 hours	Seizure	1 min 30 sec	● 2 Mild	Home
7	Jul 24, 2026 07:20 AM Symptoms: Dizziness Triggers: Stress Since previous (same condition): 6 days, 21 hours	Seizure	2 min	● 3 Moderate	Work
8	Jul 21, 2026 03:00 PM Symptoms: Light sensitivity, Throbbing pain Triggers: Stress Notes: Screens were the worst part. Since previous (same condition): 1 week	Migraine	4-12 hours	● 3 Moderate	Work
9	Jul 17, 2026 09:30 AM Symptoms: Loss of consciousness, Jerking movements Triggers: Medication missed Notes: The worst one in a while. Lost the whole day. Since previous (same condition): 1 week	Seizure	5 min	● 5 Very Severe	Home

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
10	Jul 13, 2026 04:20 PM Symptoms: Aura, Nausea Triggers: Bright lights Since previous (same condition): 1 week, 5 days	Migraine	12-24 hours	● 4 Severe	Home
11	Jul 10, 2026 07:55 AM Symptoms: Confusion Triggers: Lack of sleep Since previous (same condition): 6 days, 23 hours	Seizure	2 min	● 3 Moderate	Home
12	Jul 3, 2026 08:10 AM Symptoms: Confusion, Dizziness Triggers: Stress Since previous (same condition): 1 week	Seizure	2 min 30 sec	● 3 Moderate	Work
13	Jul 1, 2026 02:50 PM Symptoms: Light sensitivity Triggers: Stress Since previous (same condition): 1 week, 3 days	Migraine	4-12 hours	● 3 Moderate	Home
14	Jun 26, 2026 07:30 AM Symptoms: Loss of consciousness Triggers: Lack of sleep Notes: Tired all day after. Since previous (same condition): 6 days, 23 hours	Seizure	3 min	● 4 Severe	Home
15	Jun 20, 2026 06:30 PM Symptoms: Aura, Nausea, Light sensitivity, Throbbing pain Triggers: Lack of sleep Notes: Two full days before I felt right. Since previous (same condition): 1 week, 6 days	Migraine	More than 24 hours	● 5 Very Severe	Home
16	Jun 19, 2026 08:20 AM Symptoms: Dizziness Triggers: Bright lights Since previous (same condition): 1 week	Seizure	1 min 30 sec	● 2 Mild	Work
17	Jun 12, 2026 07:40 AM Symptoms: Confusion Triggers: Stress Since previous (same condition): 6 days, 22 hours	Seizure	2 min	● 3 Moderate	Work
18	Jun 7, 2026 01:40 PM Symptoms: Throbbing pain Triggers: Skipped meal Since previous (same condition): 1 week, 5 days	Migraine	1-4 hours	● 2 Mild	Work
19	Jun 5, 2026 09:00 AM Symptoms: Loss of consciousness, Jerking movements Triggers: Lack of sleep Since previous (same condition): 1 week	Seizure	4 min 30 sec	● 4 Severe	Home

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
20	May 29, 2026 07:15 AM Symptoms: Confusion Triggers: Medication missed Since previous (same condition): 6 days, 23 hours	Seizure	2 min 30 sec	● 3 Moderate	Home
21	May 25, 2026 03:10 PM Symptoms: Aura, Throbbing pain Triggers: Bright lights Since previous (same condition): 1 week, 5 days	Migraine	4-12 hours	● 3 Moderate	Work
22	May 22, 2026 08:00 AM Symptoms: Dizziness Notes: Very brief, hardly registered it. Since previous (same condition): 1 week	Seizure	1 min	● 1 Very Mild	Work
23	May 15, 2026 07:35 AM Symptoms: Confusion, Dizziness Triggers: Lack of sleep Since previous (same condition): 6 days, 12 hours	Seizure	2 min	● 3 Moderate	Home
24	May 12, 2026 05:00 PM Symptoms: Nausea, Light sensitivity Triggers: Stress Since previous (same condition): 1 week, 5 days	Migraine	12-24 hours	● 4 Severe	Home
25	May 8, 2026 06:40 PM Symptoms: Loss of consciousness Triggers: Stress Notes: Evening one, unusual for me. Since previous (same condition): 1 week	Seizure	3 min 30 sec	● 4 Severe	Home
26	May 1, 2026 07:25 AM Symptoms: Dizziness Triggers: Lack of sleep Since previous (same condition): 1 week	Seizure	1 min 30 sec	● 2 Mild	Home
27	Apr 30, 2026 02:20 PM Symptoms: Throbbing pain Triggers: Skipped meal Notes: Passed quickly for once. Since previous (same condition): 1 week, 4 days	Migraine	Under 1 hour	● 1 Very Mild	Home
28	Apr 23, 2026 08:30 AM Symptoms: Confusion Triggers: Stress Since previous (same condition): 1 week	Seizure	2 min	● 3 Moderate	Work
29	Apr 18, 2026 04:45 PM Symptoms: Aura, Nausea, Light sensitivity Triggers: Lack of sleep Notes: Nauseous with this one. Since previous (same condition): 1 week, 6 days	Migraine	4-12 hours	● 4 Severe	Home

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
30	Apr 16, 2026 07:50 AM Symptoms: Loss of consciousness, Jerking movements Triggers: Medication missed Notes: Do not remember this one. Told about it after. Since previous (same condition): 6 days, 22 hours	Seizure	4 min	● 4 Severe	Home
31	Apr 9, 2026 09:15 AM Symptoms: Dizziness Triggers: Bright lights Since previous (same condition): 1 week	Seizure	1 min 30 sec	● 2 Mild	Work
32	Apr 5, 2026 01:15 PM Symptoms: Throbbing pain Triggers: Stress Since previous (same condition): 2 weeks	Migraine	1-4 hours	● 2 Mild	Work
33	Apr 2, 2026 07:10 AM Symptoms: Jerking movements Triggers: Lack of sleep Since previous (same condition): 5 days, 14 hours	Seizure	2 min 30 sec	● 3 Moderate	Home
34	Mar 27, 2026 04:30 PM Symptoms: Confusion, Dizziness Triggers: Stress Notes: Long afternoon, hadn't eaten much. Since previous (same condition): 1 week, 1 day	Seizure	3 min	● 3 Moderate	Work
35	Mar 21, 2026 03:30 PM Symptoms: Aura, Light sensitivity Triggers: Bright lights Notes: Had to close the blinds. Since previous (same condition): 1 week, 6 days	Migraine	4-12 hours	● 3 Moderate	Home
36	Mar 19, 2026 07:45 AM Symptoms: Dizziness Triggers: Lack of sleep Since previous (same condition): 1 week	Seizure	1 min	● 2 Mild	Home
37	Mar 11, 2026 08:05 AM Symptoms: Confusion Triggers: Stress Since previous (same condition): 6 days, 23 hours	Seizure	2 min	● 3 Moderate	Work
38	Mar 8, 2026 03:00 PM Symptoms: Throbbing pain Triggers: Skipped meal Since previous (same condition): First recorded migraine	Migraine	1-4 hours	● 2 Mild	Work

#	DATE / TIME	CONDITION	DURATION	SEVERITY	LOCATION
39	Mar 4, 2026 07:20 AM	Seizure	1 min 30 sec	● 2 Mild	Home
Symptoms: Confusion, Dizziness Triggers: Lack of sleep Notes: Woke up feeling off, passed quickly. Since previous (same condition): First recorded seizure					