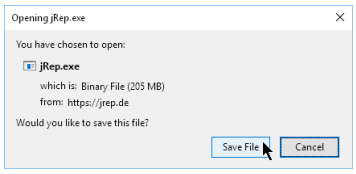
# jRep-INTRODUCTION for Windows

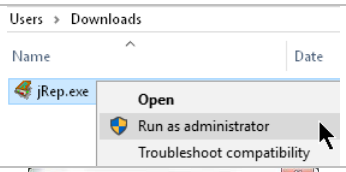
## ▶ INSTALLATION

At first we want to **install jRep**.
This procedure is presented detailed with pictures to guarantee an easy process. But don't worry, normally the installation needs less than one minute.

Click on one of the following links or enter it into your Internet browser (we recommend Mozilla Firefox www.Mozilla.org ):
www.jRep.de/jRepE.exe



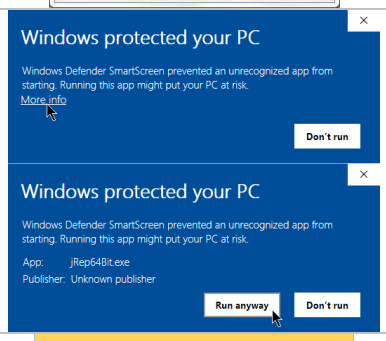

After the completed download, open the **download-directory** in the Windows-explorer , **click on jRep.exe with the right mouse button** and choose '**Running as administrator**' in the context menu.



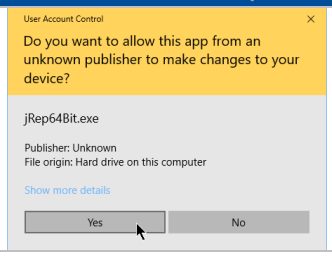

Click on 'run' in the security warning.



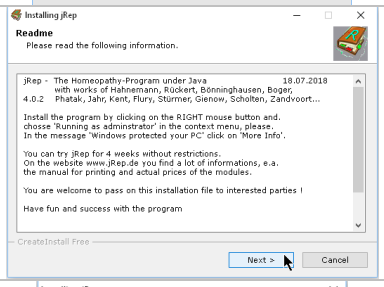

Win 8 and 10: In the message 'Windows protected your PC'
click on 'More info' and after that on 'Run anyway'.



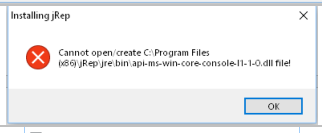

Also click on 'Yes' in the request, if jRep may allow changes to your computer although it is an unknown publisher.




After a short time the **jRep installer** starts.
Normally you only need to click two times on 'Next'.

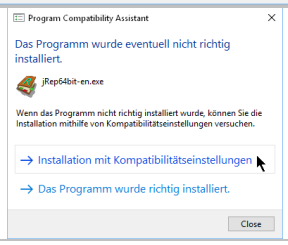



In case the installation stops and this error message appears
you haven't run the program as an administrator.




Windows realises this problem and suggests to restart the program again as an administrator or the 'Installation with compatibility setting'.
Choose this option and the installation should run successfully.

This error message appears, if you use a 32 bit-system but downloaded a jRep for 64 bits. Please delete the jRep-folder in your directory and install the program with this file: www.jRep.de/jRepE32Bit.exe .




After successful installation **jRep** starts automatically.
Otherwise please contact me: Th.Stegemann@jRep.de

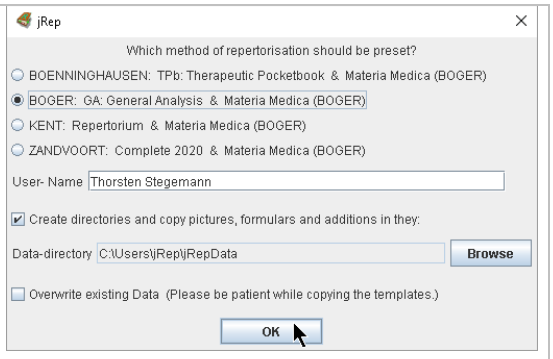
In the future you can start jRep with the **desktop-icon**.



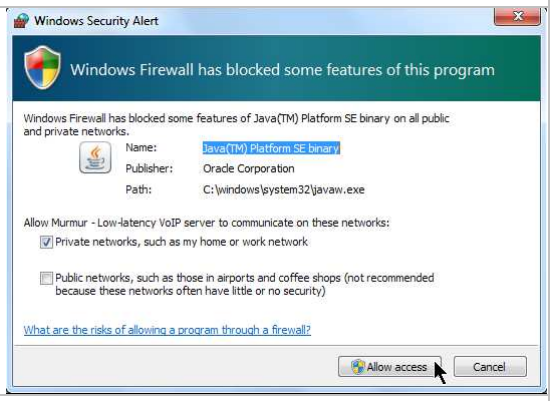
**At the first start** you can adjust the **module** jRep should start with in future. This decision can be changed later at any time with the menu 'Window – Initialize New'.
In the context of this introduction please choose 'BOGER: GA:…'
Enter **your name** and make sure there is no blank space behind.
The specified **directory** should only be changed if you want to save the summary etc. on a central server.
(In this case create a folder named jRepData on your server.
After that click on 'Browse', choose the folder and click on 'Open'.)

In case of an **update** click on 'Overwrite existing data'.
(In case you made any changes at the repertories,
please save your jRepData-directory before and contact me !)
Then click on '**OK**'.

Now please wait a moment until jRep starts, because the questionnaires and the extern additional repertories etc. will be copied into your directory one time.




Usually your **firewall** will ask for permission, as jRep includes an own webserver for the forms.
Please click on '**Allow access**', respectively '**Unblock**' or similar.




At the first program start additionally the **instruction window** will be opened which can be closed with the esc(ape) key or the ☒ right above.
If needed you can reopen it with the menu 'Help - Instructions…'

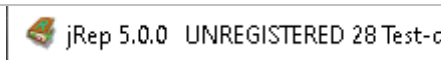
In case the program does not complete the whole monitor maximise the program window with the 2. icon ▭ on the top right and adjust the internal windows with the menu 'Window - Arrange all'.

This initial state can be restored also with ctrl+G in case your windows should be dislocated at a later stage.

By default all repertories will be loaded into the working memory when the program is started. Please wait until the process is completed.
In the settings (in the menu Help) you can choose which repertories should be loaded at the program start in the future (aktive repertories).

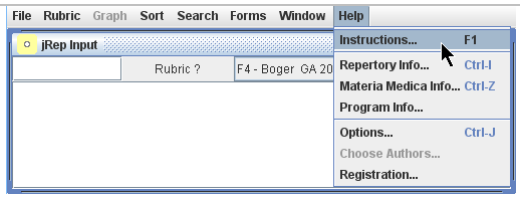
## ▶ OVERVIEW

Top left you can see the version number and the remaining test period for the unrestricted use of jRep.
If you have registered the program, your name will appear there.



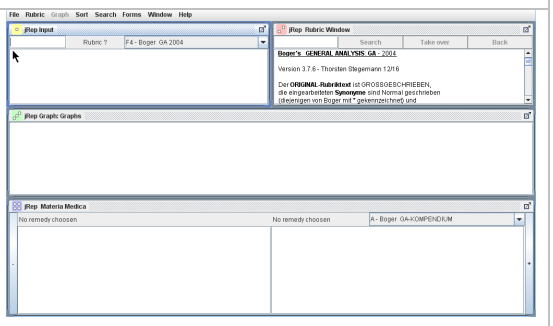

Under this you can see the **MENU BAR**, which begins with 'File' and ends with 'Help'.
If you click on one of these terms, an accordingly menu selection will appear.
This menu nearly includes **all jRep-functions**.

The most important functions can be used by pressing certain **keyboard shortcuts** and make possible a very fast working; e.g. ctrl+A for 'Search in **a**ll Repertories'. These shortcuts will also be shown in the menus so that you can check there later, which function can be used by the according keyboard shortcut.




Underneath the menu bar jRep shows **4 WINDOWS** by default: Top left **Input**, top right **Rubric Window** (here a short info to the current repertorisation file will be shown to you and later the remedies to the choosen rubric in the input) in the middle the **Graph** and
below the window for a real **Materia-Medica-comparison**.

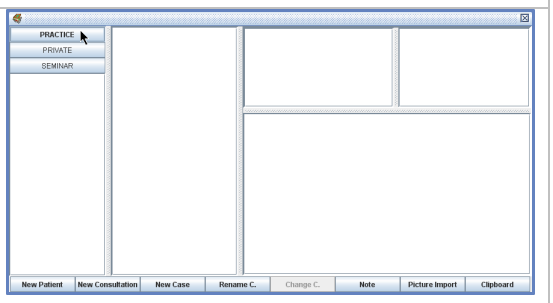
The **active window** you detect at the **blue colouring** of the upper window bar.
Another window can be activated by clicking **into** the window (preferably not on the upper window bar).
The Input is active top left by default and in the input line the cursor flashes.
Now you can start a repertorisation immediately.



## ▶ CASE TAKING

Now we assume that a **patient comes** and describes his health problems which you also want to save in jRep.

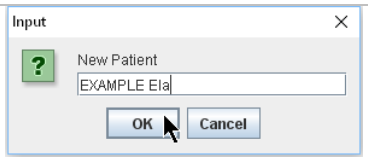
Start the **PATIENT LIST** in the menu 'File' or with ctrl+L.
In future all your **patients** will be shown here on the left,
on the right the filename of the **graphs** and **consultations** of the present patient and on the right again the existing **pictures** (as filename and rightmost as a picture).
Below the **note** or alternatively the marked consultation to this patient is displayed.
Top left you can choose one of the prescribed groups of patients by clicking on one of them. Click on 'PRACTICE' so that the entry appears in **bold**.




We assume that the patient is new (otherwise click on the patient's name).
Click below on '**New Patient**' and type the patient's name.
Tip: Write the surname in capital letters to identify clearly. For patients you address formally you can write: 'SURNAME first name', for patients you address informally the other way round:
After that the new patient's name appears in the left Patient List.

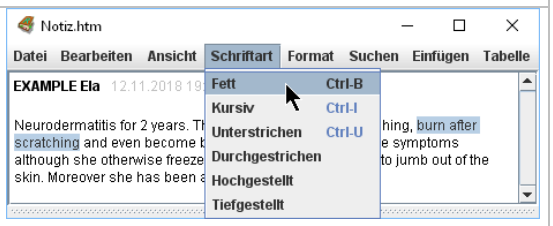
After that click below on '**Note**' so that you can record the **patient data**.

Then click on '**New consultation**' below to **write down** the **anamnesis**.




In our example the patient tells us, that she has been suffering from **NEURODERMATITIS** for two years. The affected skin areas are itching, **burn after scratching** and even become **black**.
The **cold eases** the symptoms although she is otherwise always cold.
Preferably she would like to jump out of her skin.
Moreover she has been anorexic since her youth.

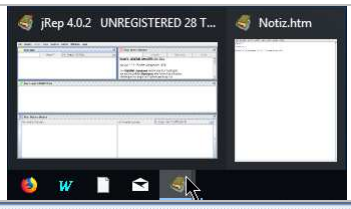
In the editor you can format text passages, e.g. **bold**, by marking it before:




## ▶ REPERTORISATION

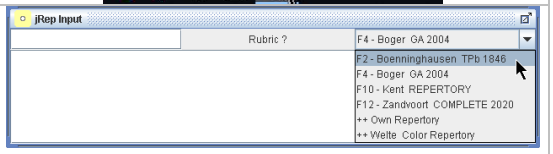
After taking down the symptoms we want to **repertorise** them.
Therefore click below on '**New case**'.

The consultation-window keeps open in the background and can occasionally be opened to the foreground
(Alternatively via menu 'Window - Last consultation'):




In the Input-window choose the desired repertory in the **SELECTION-MENU** top right (for this introduction: **Boenninghausen's Therapeutic Pocketbook**):
Alternatively you can call up the repertories with the prefixed **f**unction **key** (at the very top of your keyboard), in this case with F2.

On the right you can see the worth reading short info to this repertory.
More **i**nformation to the respective repertory file you receive by using ctrl+I.
Close the **i**nformation-window with ESC(ape) or click on ☒

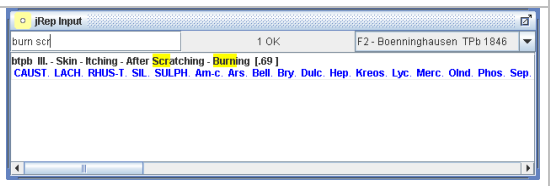



The first symptom is '**Burning after scratching**'.
To find the according rubric in the Pocketbook enter this text into the **input-line**. As you can see, jRep will find the according rubric already before you entered the whole text and although the word order is different:
The entered strings are highlighted in yellow.
The remedies in this rubric are displayed in the order of their value.
Both can be switched off in the jRep settings (Ctrl+J).

jRep finds rubrics **beginning from the input of 2 characters** if the caracter-string is contained anywhere in the rubric-text.

You can **input a number of strings** (separated by spaces), like 'burn scr' (logic AND-Search).

If you enter 2 blanks all rubrics of a repertory will be shown for an overview.

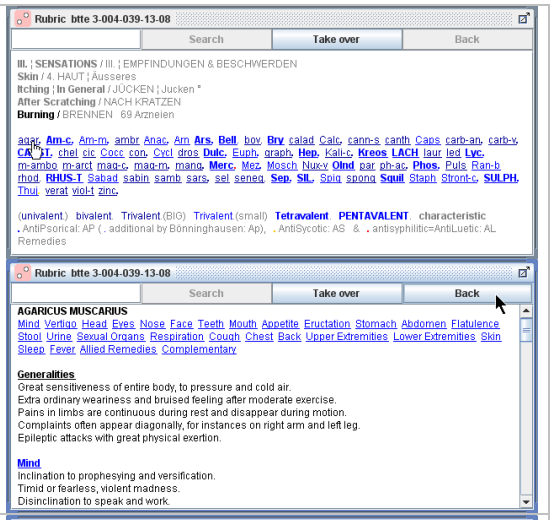


To **mark the shown rubric**, just press the **ARROW-DOWN-key** ↓.
In this way you change into the **rubric-list** below.

Should several rubrics be shown and the first one is not the one you look for, you can mark the requested rubric with the **ARROW-DOWN-key** ↓, alternatively you click the rubric with the (left) **mouse button**.
jRep will show you remedies, which are contained in the rubric, in the right **RUBRIC-WINDOW**:

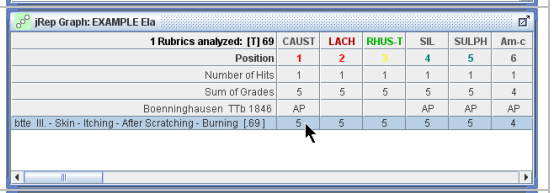
You can maximize every window with this button top right
and then minimize it again with ; or change the size of a window by clicking on the edge of a window, holding the (left) mouse button and dragging the mouse. (Remember: With ctrl+G you can restore the initial state).

If you are already interested in a remedy, you can simply click on it (if the abbrebiation is blue and underlined) and you will see the according materia-medica-input in the rubric-list:
To see the rubric again click on the button 'Back'.




To take these **rubrics into the GRAPH-WINDOW** there are 3 possibilities: press the **ENTER-key** ↵ , **double-clicking the rubric** or clicking on 'Take over' in the rubric-display.

In the **GRAPH** the **remedies** will be sorted at first (as only one rubric was taken) **in descending order in their grades from left to right**:

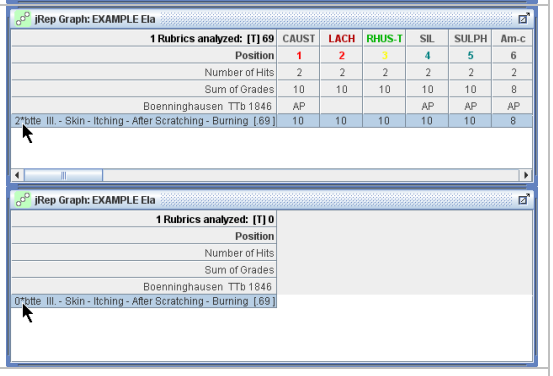



If you choose the Graph-window by clicking (the window-bar is blue) and enter with SHIFT⇧+ a star *, the marked rubric will be **graded double**, at the beginning appears 2* there and the grades are doubled.

This higher valuation can be reversed with SHIFT⇧+7, the input of the /-sign.

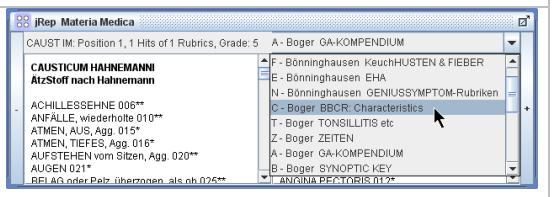
If you do this with a rubric that was not multiple graded, the rubric will **not be graded** (0*) and its remedy-grades bracketed or will not be shown anymore in a rubric:
Thereby you can take along rubrics without grading them.

With SHIFT⇧+, the input of the star *, you increase the grades again and return to the starting point.



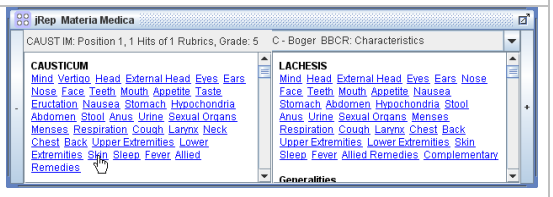

## ▶ Real MATERIA-MEDICA-COMPARISON

As soon as a rubric was taken into the graph-window the first (two) remedies will be shown in the lower **MATERIA-MEDICA-COMPARISON**.
In the selection-menu at the right top of the window-edge the Materia-medica (MM) can be choosen:
Alternatively input the letter in front of the desired MM, after you activated the window by clicking (remember: the window-bar is blue then).




Choose the **MM** of Boger (letter C). The subsections are made as **hyperlinks** so that you can jump to a range quickly as e.g. in our example case the skin (the mouse is becoming a hand then):
With a click on the blue subsection you return to the selection.

In the materia-medica-comparison adjacent remedies will be shown in the evaluation. With a click on the plus-bar on the right you can move on to the next remedy (alternatively +-key), on the minus-bar on the left back again (-).

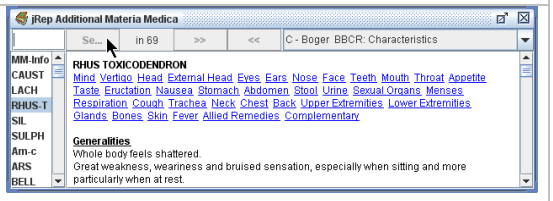



If you want to compare a remedy which is not neighbouring double-click the appropriate remedy-abbreviation in the graph-windows.
An **ADDITIONAL MATERIA-MEDICA-WINDOW** will open, where you can choose another remedy of the graph-window by clicking in the left bar (if it does not appear input ctrl+G).

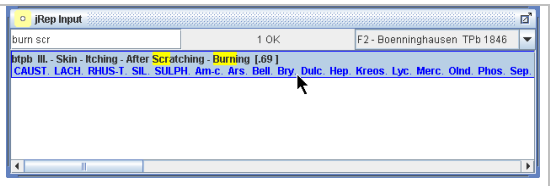
Top right in the selection-menu you can also choose another MM so that you can compare the same remedy in different materia medica.

Top left in the input-line a string can be entered and after clicking on the **search-button** you can look for it in the remedies of the graph.
With the ENTER-key↵ you get to the next hit and
with the DELETE-key ← you get back:

If you open this window alternatively with ctrl+Z it shows all remedies which are contained in the choosen MM in alphabetical order.



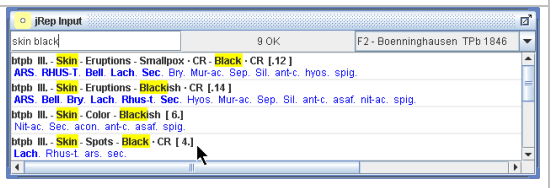
Allright, but now let's return to the repertorisation: The **2nd symptom** is the **black coloration of the skin appearances**. To be able to repertories, the input must be active (blue). In the case it is not just click into the input-window. As already one symptom was taken the rubric below the input-line is still marked:
In this case you can **just overwrite the old input by a new one**, that is to say you can just start typing ! Therefore very quick evaluations are possible.




If the cursor still blinks in the input-line, **delete** the old input with the **ESCape-key**. Single characters can be deleted as usual with the DELETE-key ←.
Therefore you can also remove a rubric from the (active) graph-window (alternatively use ctrl+X).

For example input '**skin black**'. Over time you will find the requested rubrics already with the input of a few characters (e.g. 'spot bla').
The most appropriate rubric is: 'Skin - Spots - Black':
Take this rubric by double-clicking in the rubric-list or
with ARROW-DOWN-key ↓ (4x) and ENTER-key ↵ (see above).

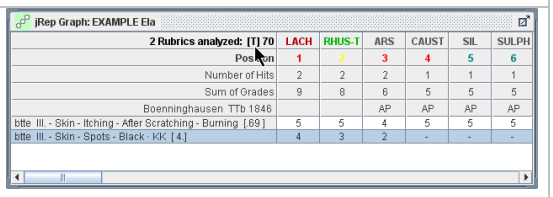
Therefore the order of the remedies in the graph-window and
also in the materia-medica-comparison will be changed !

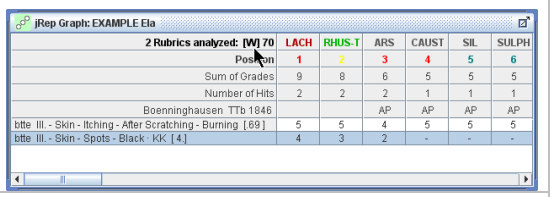



Now you have 2 rubrics in the graph-window.
With the **number of hits** you can see that from 70 remedies 3 'pass through', that means they appear in each of the two rubrics:
LACH(esis), RHUS-T(oxicodendron) and ARS(en):

jRep sorts the remedies 1. by the number of hits
(therefore in the graph the text says '2 rubrics analysed: **[T]**')
2. by the sum of grades and
3. in alphabetical order of the abbreviations of the remedies.

The graph can also be sorted primarily by the sum of grades
(in the menu 'Sort'- 'by values' – then [W] as a notice), but I recommend sorting by the number of hits, which you can adjust with ctrl+T, especially for the polarity analysis:




## ▶ POLARITY ANALYSIS

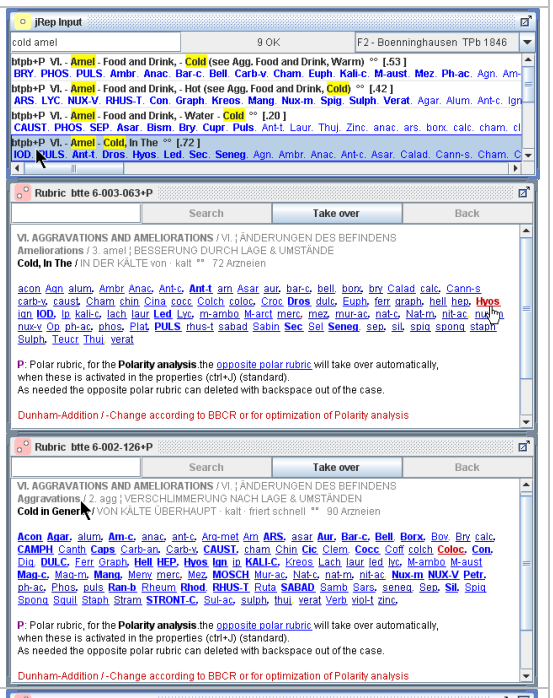
The **3rd symptom** is the **amelioration by cold**.
As in the (active) input the last rubric is marked in the lower list you can start typing at once (see above).
Enter 'cold amel'. In the jRep-repertories all improvements are recorded with **amel**(ioration) and all deteriorations with **agg**(ravation).

The rubric 'Amel – Cold, In The' include (red) additions of the BBCR for optimizing the polarity analysis.

By the addition **+P** jRep moreover makes clear that this is a so-called **polar rubric**. I.e. there is also a **opposite polar rubric** named 'Agg – Cold in General'. (Delete 'amel' with the DELETE-key ←, enter 'agg'):

According to Boenninghausen a remedy is only helpful in a case, if it's **characteristic** (corresponds to the symptoms in the Pocketbook with a grade higher than 3; these are the remedies **in bold** in the rubric-display) doesn't contradict the entire patient's symptomatology.

Of course, now you can see which remedies are in the opposite polar rubric 'Agg - In the Cold', but you can't see the remedies of the formerly chosen rubric anymore.

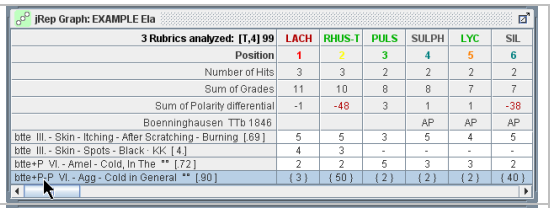



To be able to compare the rubrics you can open an **ADDITIONAL RUBRIC-WINDOW** with ctrl+U. This shows the same rubric once more.
Delete again 'agg' in the input-window and input 'amel' one more time.
Now the actual rubric shows the wanted rubric and the additional window its polar opposite rubric.
To compare the remedies even drag the additional rubric a bit down by clicking with the mouse on the upper window-bar and hold the (left) MOUSE-button:
You close the additional rubric-window with a click on ☒.

Obviously, this rubric-comparison is quite cumbersome.
jRep can take over this work (this is what computers are there for ;-).

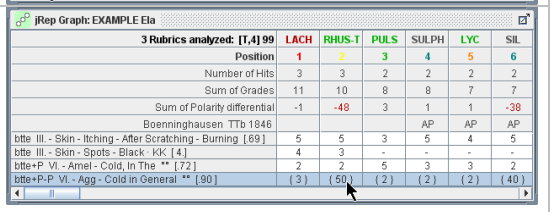


In case you take a polar rubric with **+P** in the graph-window (see above), jRep takes automatically the opposite polar rubric as -P:

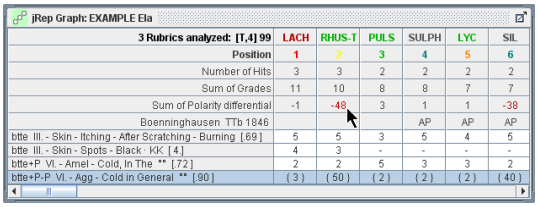



In the graph-window the grades of the polar opposite rubric will be shown in **curly brackets**. Therefore it is easy to recognize which remedy in what rubric has which grade. If a remedy is not characteristic in the actual rubric (< 4, for this [T,**4**], therefore 1 - 3), but listed in the opposite polar rubric as characteristic (> 3, therefore 4 - 5) it contradicts this remedy in this case (see above).

jRep marks such '**contraindications**', as Heiner Frei calls them, by writing a zero behind the actual grade, see RHUS-T. The actual grade is 5, jRep writes a '0' behind it, therefore '50':
So you can easily recognize, which remedies are contraindicated according to Heiner Frei and will probably be unhelpful in this case.

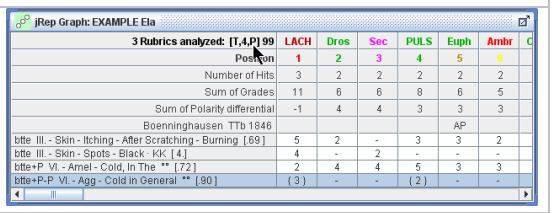



And jRep does something else, it calculates the **Sum of Polarity Differential**: Grade in the polar rubric minus grade in the polar opposite rubric (and with several polar rubrics the sum thereof). By attaching the '0' to the 'contraindications' the polarity differential will be double-digit negative, as seen at RHUS-T: 2 – 50 = -48:




jRep can sort the graph additionally optimized with a double-click on 'Sum of Polarity differential' or **ctrl+P**. For this jRep checks which remedies show the most hits and no double-digit negative polarity differential.

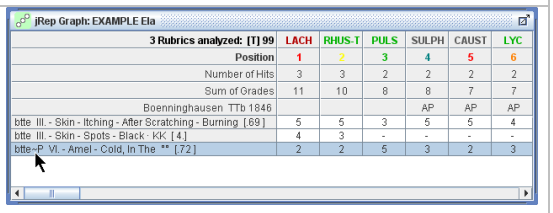
Therefore 'contraindicated' remedies will be sorted completely to the right and jRep hands the significant remedies to you like 'on a silver platter'.
(You can get back to the former sorting by hits with ctrl+T.)




Thereby the remedy in this shortened example case is LACH(esis), which removed not only the neurodermatitis from this patient but also the lifelong sensation to get out of her skin and normalized her eating behaviour.

Normally at least 5 polar rubrics should be taken over for the polarity analysis into the graph-window.

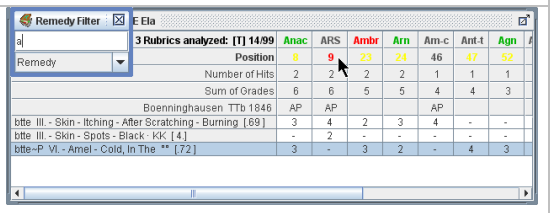
Incidentally with jRep you can also decide for every polar rubric whether you want to take it into the polarity analysis or not. You can also delete the polar opposite rubric separately with the backspace key (or alternatively with ctrl+X) from the current (active) graph.
The actual polar rubric can be recognized via the ~P:




If you delete the actual polar rubric, the opposite polar rubric will also be erased from the graph.

And where has ARS(en) gone?
To look where a remedy is located in the graphwindow activate the graph (by clicking on it) and then enter the first characters of the remedy abbreviation. The **REMEDY-FILTER** will open which shows all remedies that match your input (14/99). With its help you can see, that ARS(en) slipped to the 9th position due to the absence in the rubric 'Amel - Cold'.

If you type numbers instead of letters into the filter, jRep shows the evaluation from the beginning of the appropriate position.
For example you can see the first ten remedies in the evaluation.
Input '11' and jRep shows the next ten remedies (11 – 20).
Close the remedy-filter with the ESCape-key.

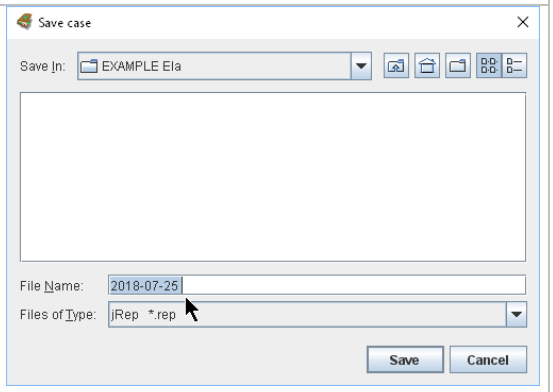


## ▶ SAVE, etc.

**Save** your case with ctrl+S alike many other programs.
jRep proposes the **current date** as the begin of the file name.
The sorting by year-month-day lets the cases always be listed chronologically one below the other:
If you want to adopt the date use the RIGHT-ARROW-button → and if required add more information like e.g. the reason (anamnesis) and the given remedy (Lach).
Otherwise you can overwrite the specification.
Confirm the storage by clicking on 'Save' (or ENTER-key).

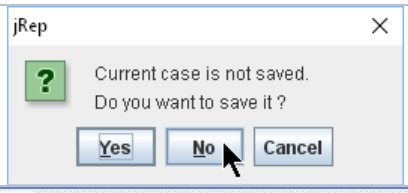
Now close the consultation by clicking to the bottom task-bar to get the consultation-window to the foreground and then close it with a click on ✕.
Save your consultation-inputs with a click on 'Yes'.

The evaluation can easily be copied as a graphic in the clipboard with ctrl+C and from there to another programme of your choice (with cmd+V).




For another **new repertorisation** clear the graph-window with ctrl+N.
If you haven't saved it before jRep will ask you again before clearing.
For 'Yes' you can also press the ENTER- and for 'No' the ESCape-key:

To **reopen** a saved **case** enter ctrl+O - for a comparison press ctrl+Q.

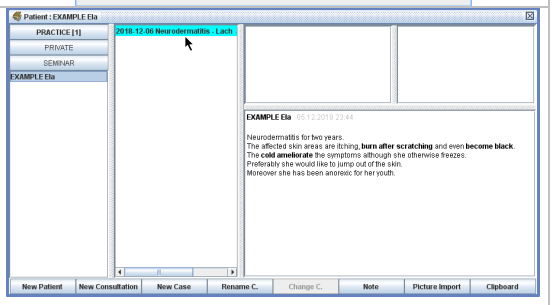



Open the patient list again with ctrl+L.
Now you can see the last patient on the left and on the right the just saved case in blue (which you can reopen here via double-click), the consultation in green and on the bottom right the short-anamnesis with click on note:

If you have a digital photo of your patient, this can be shown to you with 'Picture import' top right.

When the patient comes to a follow-up, choose the patient on the left with a click on his/her name (you can also type in the first few letters) and then click on 'New consulation' at the bottom to write down the follow-up-information.

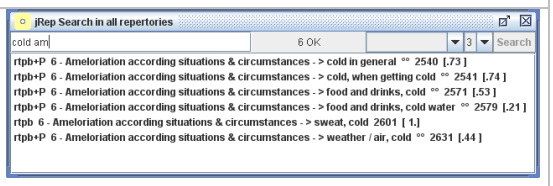
For the next repertorization click on 'New Case' at the bottom…




If a search query doesn't produce any hits you can just change to another repertory by using the pull-down menu in the input-window,
jRep continues to search there.

Alternatively start a new '**Search in all repertories**' with ctrl+A:
If you enter a new character string here, you must start the search by pressing the ENTER-key ↵.
The change to the rubric-list and the takeover of the selected rubric into the graph-window is made like in the input-window also with the ENTER-key ↵ etc.

Now you should be able to use the basic functions of jRep.
For more functions please check the instructions (F1).



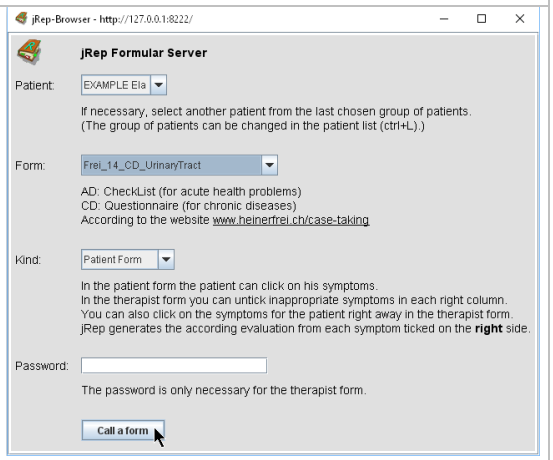

## ▶ CHECKLISTS / FORMS

Please click in the menu 'Forms' on '**Fill Form**'.
Then the (jRep-)Browser will open in which you can first select the requested patient (from the current group of patients) or leave the default one.
Then you can choose a checklist for acute (AD) or a questionnaire for chronic diseases (CD) from Heiner Frei (see also www.heinerfrei.ch/tools there you can download the questionnaires etc. to print out).

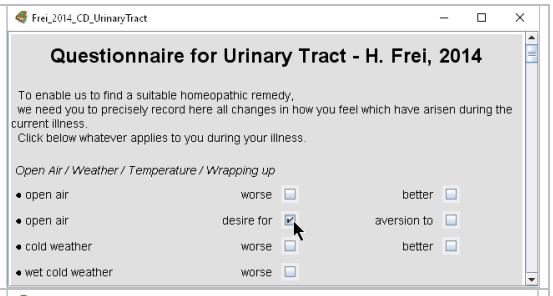
For our example please choose the **questionnaire** '**Urinary-Tract**' and open the appropriate **patient form** by clicking on 'Call a Form'.

Now you can transfer a questionnaire to jRep or fill in a form together with the patient on the phone. Another possibility is to let the patient fill in a form on the computer (especially when you have a network with several computers.
If you use WLAN it also works with a tablet computer, like an iPad).

For the evaluation of the example cases from Heiner Frei the forms are unsuitable, because the order of the symptoms in his books is unfortunately different.



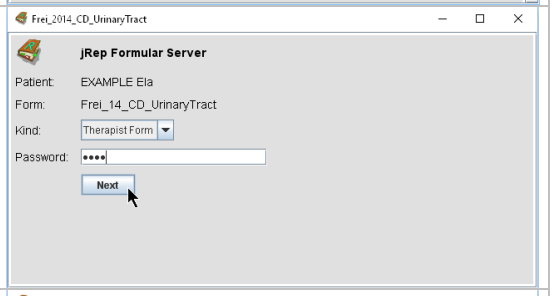
As an example for a cystitis please click on the following symptoms one after the other: desire for open air, warmth better, becoming warm better, movement better, thirsty, stabbing/pricking outwards, urge to urinate in general and urination worse after
At the end click on '**Save**'.




Now reopen the (from the patient) filled in form as '**Therapist Form**' (password 'form') with a click on 'Next' to check its inputs:

In view of the questionnaires it is important to make sure that the patient has understood the descriptions of the symptoms correctly and that the symptom is really applicable for the **current disease**.
The provided details must be cast-iron as usual.

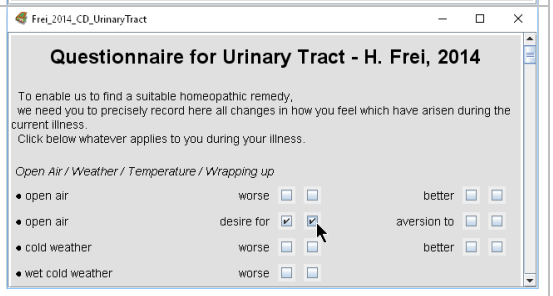
Otherwise the therapist form offers the possibility to untick a symptom in each **right column**:




However, you can see in the left column what was originally clicked by the patient.
In this case all symptoms that where clicked / choosen as relevant so all ticks remain.
Finally click again on 'Save'.

Either you can fill in a further form by using 'Restart' or close the server with a click on ✕.
Choose the latter procedure and return to jRep.

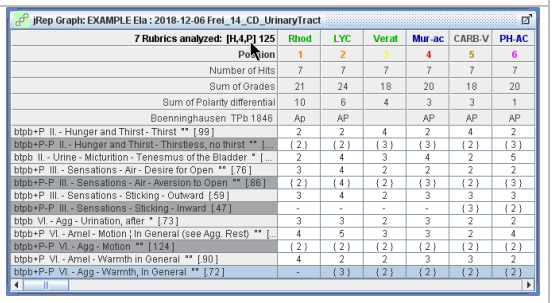
(You can also open a form right at the start as therapist-form [with password 'form'], jRep remembers your choice).




jRep now creates **automatically** an **case** from the symptoms which are clicked in the **right column**.
In future you don't need to take down symptoms and select them afterwards for a repertorisation, instead choose the patient, the corresponding form and just click ;-)
Open the case generated by the form with ctrl+O (see above).

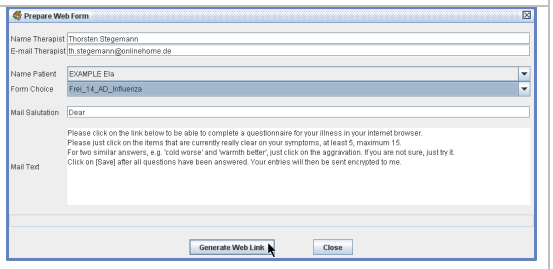
Don't get confused, the order of the symptoms follows the structure in the repertory, not of the form.

As Heiner Frei works with the Polarity-Analysis use the optimized **P**olarity-Analysis of jRep with ctrl+P (see above):
The healing remedy in this case was actual Rhod(odendron).
You can also complete additional rubrics with the input.



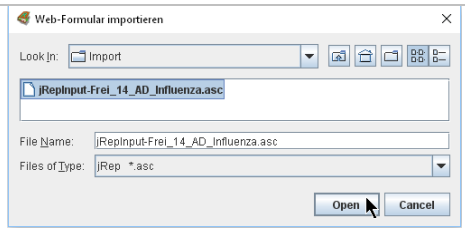

If your computer is online you can also create an online-form with the menu-item 'Prepare web form'.
For this, please enter your email-address (one-time), choose the desired patient from the current group of patients and the appropriate questionnaire. after that click on 'Generate Web Link'. (If the server has to be started first, the process needs some time, please have a little patience.)
The link will be copied to the clipboard.

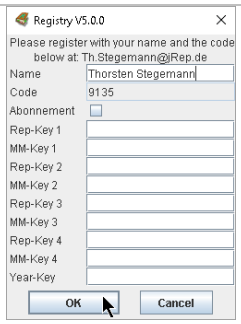
Use the task-bar to switch to your email program, write an email to the concerned patient and paste the link with cmd+V into the email.
Attention: During this time don't copy anything else to the clipboard, because otherwise the link would be overwritten !




If the patient clicks on the link in the mail, the questionnaire will be shown in his Internet browser and can be filled in very comfortably from his/her computer at home. If the patient clicks on 'Save' at the end, an encrypted email with the selected rubrics will be returned to you.

Save the attached data file on your computer and open jRep with the menu-item '**Import Web Form**'.
The list of patients will be opened with the relevant patient, please double-click in the second column on the yellow file 'Form…' by which the form will be opened as a therapist-form. Then you can verify the entries with the patient e.g. by phone and after that generate an evaluation (see above).



| ▶ **REGISTRATION** | |
|---|---|
| If you would like to use jRep permanently und support the further development, call up the **REGISTRATION-WINDOW** in the menu 'Help' and enter your name here (if not already done), which is also necessary for your own complements: In this window you will find your four-digit code. Please send it to me by email.<br>After receiving your payment you will receive up to 9 unlock keys, which you input here (or insert them with ctrl+V from the clipboard).<br>Close this window with a click on 'OK'.<br>You will be prompted to reboot the program.<br>For this close the program by clicking on the ✕ top right.<br>Then click on (at the bottom left) and on '(**All**) **Programs**', there on the folder '**jRep**' and within on the record 'jRep'.<br>If you prefer to open jRep with a click on a toolbar icon in future, click on the symbol with the right mouse button and then on 'Pin to taskbar': |  |
| For more questions or suggestions please send an email to Th.Stegemann@jRep.de | A lot of joy and success wishes,<br>Thorsten Stegemann |