

# ***Your patient diary***

**NAME:**

**Was a patient on Intensive Care at Warrington and Halton  
Teaching Hospitals NHS Foundation Trust.**

**FROM:**

**TO:**

**If you have any queries after reading this diary please telephone  
01925 275226 / 01925 662651 and request a phone call or  
appointment.**

## **ABOUT YOUR DIARY**

**Patients who have spent time in Intensive Care often have little or no memory of their Intensive Care stay. Their memory for this time can be affected by the illness itself or the sedative drugs we give to our patients to keep them comfortable. Patients may also remember nightmares or hallucinations from this time that can be very frightening.**

**Although doctors and nurses explain to patients why they were admitted to Intensive Care, patients often forget what we have told them. Research has suggested that patients can become stressed and anxious when they do not fully understand what has been wrong with them. To help patients understand more about their illness and Intensive Care stay the staff have introduced patient diaries. A diary has been shown to reduce stress in patients during their recovery and in the months ahead.**

**This is your patient diary. The nursing staff have made diary entries to explain what has brought you to Intensive Care and how you progressed.**

**Both staff and your family have been encouraged to make entries in your diary, so it may also include things about which you have an interest or news from home.**

**Please remember that the diary is hospital property until handed over to you after signing a consent form. The diary then becomes your responsibility.**

## Intensive Care Unit

### PATIENT DIARIES: INFORMATION FOR RELATIVES

Patients who have had a stay in ICU often have little or no memory of their ICU stay. Their memory for this time can be affected by the illness itself or the sedative drugs we give to our patients to keep them comfortable. Patients may also remember nightmares or hallucinations from this time that can be very frightening.

Although doctors and nurses explain to patients why they were admitted to ICU, patients often forget what we have told them. Research has suggested that patients can become stressed and anxious when they do not fully understand what has been wrong with them. To help patients understand more about their illness and ICU stay the staff have introduced patient diaries. A diary has been shown to reduce stress in patients after they are discharged to the wards and in the months after their stay.

A patient diary has been commenced for your relative. The nursing staff will make diary entries to explain what has brought the patient to ICU, what is wrong with them and how they are progressing. Some patients may also have had their photograph taken for their diary.

We would encourage you to write the diary, to pass on your messages to the patient or to tell them news from home that they would like to hear. When writing in the diary please avoid using any language that could cause offence, for example swear words, to the patient or others who may read the diary afterwards.

Your family member's diary will be kept at the bedside in Intensive Care; you just need to ask the nurse looking after your relative if you would like to make a diary entry.

Following discharge from hospital, patients will be invited back by letter to view their diary with a member of staff and to keep it if they wish to do so.

Please remember that the diary is hospital property until handed over to the patient after signing a consent form.

Diaries must not be taken away from the bedside by family members.

**Any photographs we take can only be used with the written permission of the patient, therefore in the event of their death CANNOT be given to family members.**

# **OVERVIEW OF ADMISSION DAY**

## ADDITIONAL ENTRIES

# ADDITIONAL ENTRIES

# ADDITIONAL ENTRIES

## ADDITIONAL ENTRIES



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