



## What is the Patient Diary?

The patient diary is a diary written for Intensive Care Unit (ICU) patients during their time of sedation and ventilation to record their journey through intensive care.

## Who can fill out the diary?

It can be written by family members and friends.

## Why is it useful?

You can read the diary afterwards to help understand what has happened to you. Reflecting on your experience of critical illness can help your recovery and reduce stress. It can also be continued throughout your hospital stay which may help to keep track of your progress.

## What to write?

It can be helpful to write down the patient's condition, description of the surroundings, clinical procedures, who came to visit, interactions with doctors/nurses/physiotherapists etc, trips for scans, progress made, any events that they are missing out on at home.

# Your diary

## Personal information

My preferred name: .....

My age: .....

My religion: .....

Communication needs (e.g. hearing aids, speech difficulties, glasses): .....

.....

Occupation: .....

## Important people in my life

(family, friends, pets)

.....

.....

.....

.....

.....

## Other information

My sleeping Patterns ( when I go to sleep, napping in the day, disturbed sleep): .....

.....

.....

.....

.....

What is most important to me: .....

.....

.....

.....

.....

## My likes and dislikes

Favourite TV or radio programmes: .....

.....

.....

.....

What I most enjoy doing: .....

.....

.....

.....

What I dislike: .....

.....

.....

.....

Food and drink I like/don't like: .....

.....

.....

.....

Patient's name: .....

Date admitted to ICU: .....

Other important dates/events:

For example: Trips to CT Scan, or events outside of the hospital such as birthdays, football match results etc.

Date	Event	Notes



Date: .....

Written by: .....

Today's events:

A large, empty rectangular box with a thin black border, intended for the user to write down their events for the day. The box occupies most of the lower half of the page.



Date: .....

Written by: .....

Today's events:

A large, empty rectangular box with a thin black border, intended for writing a list of events for the day. The box is currently blank.

Date: .....

Written by: .....

Today's events:

A large, empty rectangular box with a thin black border, intended for writing a list of events for the day.

Date: .....

Written by: .....


Today's events:

A large, empty rectangular box with a thin black border, intended for writing a list of events for the day. The box is currently blank.

Date: .....

Written by: .....

Today's events:

A large, empty rectangular box with a thin black border, intended for writing a journal entry about today's events. The box is positioned below the 'Today's events:' label and occupies most of the page's vertical space.

Date: .....

Written by: .....


Today's events:

A large, empty rectangular box with a thin black border, intended for writing a list of events for the day. The box is currently blank.

Date: .....

Written by: .....

Today's events:

A large, empty rectangular box with a thin black border, intended for writing a list of events for the day.

Date: .....

Written by: .....

Today's events:

A large, empty rectangular box with a thin black border, intended for the user to write their daily events. It occupies the majority of the page's vertical space below the header.

Date: .....

Written by: .....

Today's events:


A large, empty rectangular box with a thin black border, intended for writing a list of events for the day. The box is currently blank.



Date: .....

Written by: .....

Today's events:

A large, empty rectangular box with a thin black border, intended for writing a list of events for the day. The box is currently blank.

## Post ICU

As you begin to improve there will come a time when you will no longer need critical care. However due to an extended time in bed you will still be very weak.

The move to the ward can be a challenging transition; patients that require more support are nursed near the nurses station to ensure their care needs are met. As your condition improves you will require less input from nursing staff, therefore you will see fewer nurses per patient on the wards. You will start to become more independent and be able to do more for yourself. You will be supported as part of your rehabilitation in preparation for going home.

Please do not hesitate to remind the staff that you may require more help than the average ward patient. You will also be followed up by a member of the Outreach team to ensure that you are continuing to improve.

On discharge from hospital please do not be surprised how weak and tired you are. It is often helpful to continue using the diary to document your progress. You should expect to have days where you are very tired, but things will get better.

## ICU follow-up clinic

Within months of your discharge from ICU you will be sent an appointment for an intensive care follow up clinic. This takes place in the outpatient department. You will see an ICU consultant and nurse.

Many patients do not remember much about their ICU stay, or have very muddled recollections and odd dreams. This is normal.

The appointment is a chance to talk and ask questions about your admission, and to discuss your progress and recovery.

Your relatives and friends are very welcome to attend the clinic with you, as often they also have questions or useful feedback.

If you have not received a letter six months after your discharge and would be interested in attending, please contact us:

**Telephone:**

**St James University Hospital:** 0113 206 9154

**Leeds General Infirmary:** 0113 392 7403

**Further Information:**

The websites listed below are for patients and relatives who need further information and support during and after critical illness.

**West Yorkshire Critical Care Network:**

[www.wyccn.org/patient-information.html](http://www.wyccn.org/patient-information.html)

**ICUsteps - the intensive care patient support charity:**

[www.icusteps.org](http://www.icusteps.org)

**Critical Care general information:**

[www.icuunwrapped.co.uk](http://www.icuunwrapped.co.uk)



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