



# Critical Care Patient Diary

Your journey through Critical Care  
A guide for patients

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available

If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111

Keep the environment clean and tidy

Let's work together to keep infections out of our hospitals and care homes.

## What is a Patient Diary?

The diary is an ongoing record of your stay in Critical Care. It is written for you so that you will have a record of your stay in Critical Care. It will contain details of how your condition changed, who came to see you and what was going on in the outside world while you were unwell.

## How will it help me?

Evidence suggests that helping patients find out what happened to them while they were in Critical Care can help them to recover from their illness more quickly. This is because you will be more aware of what you have been through. Some patients report strange dreams whilst they were in Critical Care, having a diary means that they can more easily see which of these memories were real and which were false.

## Who will write in the diary?

Anyone in the Critical Care team can write in the diary. Usually a nurse will write something each day. Most importantly, nominated relatives or visitors will be invited to contribute messages to be added to it.

## What will be written?

The diary may include:

- A summary of events that lead to your admission
- A daily entry by a member of the nursing team which summarises what has happened to you that day
- Comments and messages from family and friends
- Messages or drawings from children, grandchildren etc
- Any other information of interest to you e.g., newspaper clippings, football results, TV programme updates etc

## Where will the diary be kept?

The diary will be kept at your bedside whilst you are in Critical Care and be accessible at all times. The diary will only be filled in whilst you are a patient in Critical Care.

If you move to another hospital or are discharged to the general ward, the diary will then be handed over to you.

## When do I get to see my diary?

It is up to you! You can see the diary when you are still an inpatient. Usually it is given to you on your discharge from the Critical Care unit.

If you prefer not to have your diary at this point it can be stored on the Critical Care unit for 12 months for you, after which time we need to dispose of it in confidential waste.

A member of the Critical Care Follow-up team can discuss all these options with you.

## Who has a diary?

All patients who are treated in Critical Care for longer than 3 days.

## Can I have the diary translated?

If you need the diary in another way, such as braille or a different language please let us know and we can arrange for it to be translated.

## Can I keep it?

Yes, it is your property.

## Who can give me more information?

If you need any more information you can speak to the nurse looking after you, or you can speak to a member of the Critical Care Follow-up team who will be happy to help.

## Critical Care direct number:

01902 694260

Email: [rwh-tr.criticalcarefollow-up@nhs.net](mailto:rwh-tr.criticalcarefollow-up@nhs.net)

## Useful websites:

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



## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。