

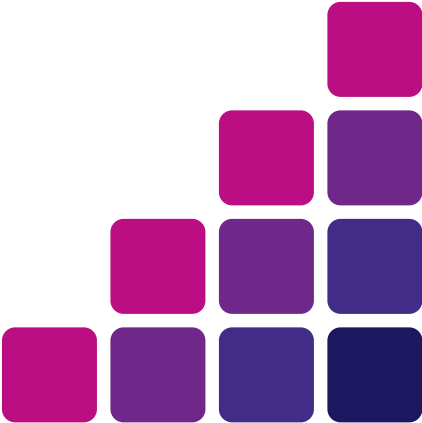


# My intensive care diary

Family and friends

Book n°:
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name
date of birth
hospital number



# My intensive care diary

## Why write in the diary?

Many patients struggle to come to terms with the illness they suffered in intensive care, and cannot understand why they don't remember much or why their symptoms seem to persist even after they have been discharged home.

We have decided to start writing diaries for some of our patients in order to help them understand just how ill they were, so that they can make realistic recovery goals.

We will continue writing in the diary while your loved one is in ICU and HDU, but will keep it securely once they are discharged to the general ward. After the patient has been home for some time, we will contact them to arrange a meeting and go through the diary together.

## Guidelines and suggestions

We suggest you write, or draw, or stick in cuttings about anything that you know interests your loved one—family, hobbies, sport or current affairs. This will help them to fill in the gaps once they are in the recovery stage.

Please be aware that the ICU staff are also writing entries. However, you cannot read these because we treat the diaries the same as medical information—it is confidential. Once your loved one has the diary themselves, it is their own choice to decide if anyone else can read it.

Please consider that at least one nurse will need to read the entries you make before returning the diary to the patient. This is because we need to ensure that there is nothing too distressing for your loved one to read and sometimes there is information that we need to discuss or explain. We also ask you to do not write anything derogatory or unpleasant about staff.

Please direct any concerns to the nurse in charge of ICU.

# Why did I come to the ICU?

Please write in here what happened to bring your loved one to ICU:

Written by:

Signature:

Date:	N° days in ICU:
What's in the news today?	
Diary entry:	
Written by:	Signature:

Date:	N° days in ICU:
What's in the news today?	
Diary entry:	
Written by:	Signature:

Date:	N° days in ICU:
What's in the news today?	
Diary entry:	
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Date:	N° days in ICU:
What's in the news today?	
Diary entry:	
Written by:	Signature:

## Glossary of terms

- **ABGs/arterial blood gases:** A blood test that measures oxygen and carbon dioxide in the blood
- **Bronchoscopy:** A procedure where a special medical camera is used to look inside your lungs and can be used to take specimens from your lungs
- **CT scan:** A special X-ray that gives a clear picture inside your body—the ICU staff will use this to help guide your treatment
- **ECG/electrocardiogram:** A way of measuring the rhythm of the heart
- **Endoscopy:** A procedure where a special medical camera is used to look inside your stomach and can be used to provide treatment or take samples
- **ETT/endotracheal tube:** A tube that is inserted through the mouth into the trachea (windpipe)—it is used together with the ventilator
- **Inotropes:** Drugs that are used to support your blood pressure and heart
- **Sats/SpO2:** A probe that is usually used on the fingers or toes to provide a continual recording of oxygen levels
- **Sedation:** Drugs that are used to make you sleepy and relaxed
- **USS/ultrasound scan:** A special scan that can be used to look inside your body to help guide the ICU staff on your treatment

- **Tracheostomy/trachy:** A tube that is inserted directly into the trachea (windpipe) through the neck—it is often used when a patient is 'weaning' from the ventilator as it can be more comfortable for the patient
- **Ventilator:** A machine that supports your breathing
- **Weaning:** Process of reducing support from the ventilator or from drugs

## Who can I contact if I need some support?

It can sometimes be hard readjusting to normal life after being in Intensive Care and sometimes it's good to know who can help you if you need it. The following people and organisations can be a source of help:

- **Your GP**
- **Your hospital consultant**
- **VIC (Virtual Intensive Care):** Email [askvic@chelwest.nhs.uk](mailto:askvic@chelwest.nhs.uk)
- **ICU steps:** A national support group for people who have been in ICU—see [www.icusteps.org](http://www.icusteps.org)
- **Princess Royal Trust for Carers:** See [www.carers.org](http://www.carers.org) or call 0844 800 4361
- **British Association for Counselling and Psychotherapy:** for details of counsellors and psychotherapists in your area: See [www.bacp.co.uk](http://www.bacp.co.uk) or call 0870 443 5252
- **Cruse Bereavement Care:** Visit [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk) or call 0844 477 9400

## Patient Advice & Liaison Service (PALS)

If you have concerns or wish to give feedback about services, your care or treatment, you can contact the PALS office on the Ground Floor of the hospital just behind the main reception.

Alternatively, you can send us your comments or suggestions on one of our comment cards, available at the PALS office, or on a feedback form on our website [www.chelwest.nhs.uk/pals](http://www.chelwest.nhs.uk/pals).

We value your opinion and invite you to provide us with feedback.

**T:** 020 3315 6727

**E:** [cwpals@chelwest.nhs.uk](mailto:cwpals@chelwest.nhs.uk)

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**Speak to your clinician**