



Medicines diary

用药日记

Chinese Simplified



Symptom management for palliative patients



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Acknowledgements

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Suggested reference

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Disclaimer

This diary has been developed specifically for use to assist carers with recording subcutaneous medicines given to the person they are caring for.

While the Brisbane South Palliative Care Collaborative has exercised due care in ensuring an accurate template for recording subcutaneous medicines in the diary, the information in the diary is a general guide only to appropriate practice, to be followed subject to the clinician's judgement and the carer's preference in each individual case.

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鸣谢

本日记是作为*caring@home*的一部分编写的，这是由Metro South Health联盟开展的一个项目，通过以下机构执行：布里斯班南部姑息治疗协作机构(Brisbane South Palliative Care Collaborative) (牵头机构)、澳大利亚老龄和社区服务(Aged & Community Services Australia)、澳大利亚初级保健护理护士协会(Australian Primary Health Care Nurses Association)、弗林德斯大学(Flinders University)(通过CareSearch)、澳大利亚领先老龄服务(Leading Age Services Australia)、全国处方服务署(National Prescribing Service)、澳大利亚药学会(Pharmaceutical Society of Australia)、澳大利亚皇家全科医学院(The Royal Australian College of General Practitioners)和悉尼科技大学(University of Technology Sydney)。

我们感谢所有为本日记的编写做出贡献的健康专业人士和照顾者。

经费声明

caring@home 由澳大利亚政府卫生部提供经费。

建议参考资料

Brisbane South Palliative Care Collaborative。《用药日记》。布里斯班：Brisbane South Palliative Care Collaborative; 2018。

查询

有关本文件的所有问题，请联系：

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免责声明

创建本日记之目的是专门为照顾者们使用，协助他们记录用于被照顾的人的皮下注射药物。

虽然Brisbane South Palliative Care Collaborative在确保日记在提供记录皮下注射药物的准确模板方面已经尽职尽责，但本日记只是适当实践的一般指南，在各病例中应该按临床医生的判断和照顾者的优先程序实施。

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Introduction

This diary is one part of the *caring@home* package for carers.

It is used to record all subcutaneous medicines given to a person to help manage their breakthrough symptoms.

The diary:

- Allows you to keep track of all subcutaneous medicines used and how well they worked
- Helps the health care team to assess if medicines were effective and if medicines need to be changed
- Enables communications between you, the person you are caring for and the health care team about the medicines used

It is important that the diary is completed each time you give a medicine for a breakthrough symptom.



“I really liked the medicines diary. I used it to show the family what was happening when they visited. And it helped me talk to the nurse and remember what was happening.”



引言

本日记是给照顾者的 *caring@home* 成套教材的一部分。

它用于记录给予被照顾的人的所有皮下注射药物，以帮助管控他们的突破性症状。

日记：

- 让您记录使用的所有皮下注射药物及其疗效
- 帮助医疗团队评估药物是否有效，以及是否需要更换药物
- 协助您、您所照顾的人和医疗团队之间在所用药物方面的沟通

重要的是，每次因突破性症状给药时，您都要在日记上记录下来。



“我真的很喜欢用药日记。其他家人来拜访时，我就用它来展示情况。它帮助我与护士交谈并让我记得所发生的情况。”

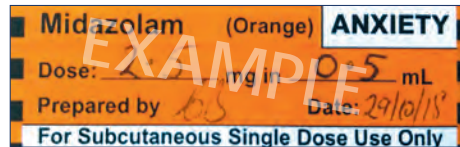


Colour-coded labelling system

To ensure that you have selected the right medicine for a particular breakthrough symptom, always read the label on the syringe.

The colour-coded labelling system, shown below, acts as an extra safety check. It helps you to select the correct medicine for each breakthrough symptom. It includes:

- Colour-coded sticky labels for filled syringes



- Symptoms and medicines: *Colour-coded fridge chart*

Symptoms and medicines: Colour-coded fridge chart

Medicine
Symptom
Blue

Medicine
Symptom
Blue

Medicine
Midazolam
Symptom
Anxiety
Orange

Medicine
Symptom
Green

Contact details:
24-hour phone number:

Medicine
Symptom
Salmon

Medicine
Symptom
Salmon

Sodium chloride 0.9%
Flush
Black text on white background

Symptom
Pain
Shortness of breath
Noisy 'rattly' breathing
Nausea and/or vomiting
Restlessness/agitation
Anxiety
Confusion

caring@home is funded by the Australian Government and led by Brisbane South Palliative Care Collaborative.
This information is adapted from: Australian Commission on Safety and Quality in Health Care.
National Standard for User-applied Labelling of Injectable Medicines, Fluids and Lines. 2015.



彩色编码标签系统

请务必阅读注射筒上的标签，以确保您对特定突破性症状选择了正确的药物。


如下所示，彩色编码标签系统可作为额外的安全检查。它可以帮助您为每个突破性症状选择正确的药物。这包括：

- 贴在装药注射筒上的彩色编码标签



- 症状和药物：彩色编码冰箱图表

症状和药物：彩色编码冰箱图表



Symptom management for palliative patients

药物 蓝色	药物 蓝色	药物 Midazolam 橙色	药物 绿色	联系方式: 24小时电话号码:
症状 蓝色	症状 蓝色	症状 焦虑 橙色	症状 绿色	
药物 浅橙鲑鱼色	药物 浅橙鲑鱼色	氯化钠 0.9% 冲洗注射 有白色背景的黑文本	Symptom / 症状 Pain – 疼痛 Shortness of breath – 呼吸急促 Noisy ‘rattly’ breathing – 呼吸“咯咯”作响 Nausea and/or vomiting – 恶心和 / 或呕吐 Restlessness/agitation – 烦躁 / 躁动不安 Anxiety – 焦虑 Confusion – 思维混乱	

caring@home由澳大利亚政府卫生部提供经费并由Brisbane South Palliative Care Collaborative领导。
 本资讯改编自澳大利亚卫生保健安全和质量委员会(Australian Commission on Safety and Quality in Health Care)之《2015年可注射药物，液体和管线的用户应用标签的国家标准》(National Standard for User-applied Labelling of Injectable Medicines, Fluids and Lines. 2015)。

How to complete this diary

This example shows you how to complete the diary for each medicine given.



Date	Time	Medicine	Dose	Reason for medicine	'Before' symptom rating (0-10)	'After about 20 mins' symptom rating (0-10)	Comments/ Other things you want to note or mention
29/10/18	4.30am	Morphine	2 mg	<ul style="list-style-type: none"> • Pain • Shortness of breath • Noisy 'rattly' breathing • Nausea and/or vomiting • Restlessness/agitation • Anxiety • Muddled thinking or new confusion • Other 	9	4	Settled and comfortable after 20 minutes
29/10/18	4.30am	Midazolam	2.5 mg	<p style="text-align: center; color: red; font-weight: bold; font-size: 2em;">EXAMPLE</p> Anxiety	9	1	

write the **Date** here

write the **Name of the medicine** given here

write the **Time** the medicine is given here

write the **Reason for giving the medicine** here

write the **Dose of the medicine** given here

write the **'Before' symptom distress** rating here

write the **'After about 20 minutes' symptom distress** rating here

write **Anything** you think is **important** here



如何填写本日记

这个例子向您展示了如何为所给的每种药物填写日记。

日期	时间	药物	剂量	给药原因	'之前' 症状评级 (0-10)	'约20分钟后' 症状评级 (0-10)	评论/您想要注意或提及的其他事项
29/10/18	上午4时30分	Morphine	2毫克	呼吸急促 疼痛 呼吸急促 呼吸“咯咯”作响 恶心和 / 或呕吐 烦躁 / 躁动不安 焦虑 思维混乱或新的意识混乱 其他	9	4	20分钟后安定下来, 舒适
29/10/18	上午4时30分	Midazolam	2.5毫克	焦虑	9	1	

0 1 2 3 4 5 6 7 8 9 10
0 = 没有症状痛苦
10 = 可能是最糟糕的症状痛苦

此处写下日期

此处写下所给药物的名称

此处写下所给药物的剂量

此处写下给药的理由

此处写下“之前”症状痛苦评级

此处写下“约20分钟后”症状痛苦评级

此处写下您认为重要的任何内容

日期	时间	药物	剂量	给药原因 <ul style="list-style-type: none"> • 疼痛 • 呼吸急促 • 呼吸“咯咯”作响 • 恶心和 / 或呕吐 • 烦躁 / 躁动不安 • 焦虑 • 思维混乱或新的意识混乱 • 其他 	‘之前’ 症状评级 (0-10)	‘约20分钟后’ 症状评级 (0-10)	评论/您想要注意或提及的其他事项

日期	时间	药物	剂量	给药原因 <ul style="list-style-type: none"> • 疼痛 • 呼吸急促 • 呼吸“咯咯”作响 • 恶心和 / 或呕吐 • 烦躁 / 躁动不安 • 焦虑 • 思维混乱或新的意识混乱 • 其他 	‘之前’ 症状评级 (0-10)	‘约20分钟后’ 症状评级 (0-10)	评论/您想要注意或提及的其他事项

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Notes 备注

A series of horizontal dotted lines for writing notes, spanning the width of the page.

