



Medicines diary

用藥日誌

Chinese Traditional



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.

The Brisbane South Palliative Care Collaborative does not accept any liability for any injury, loss, or damage incurred by use of, or reliance upon, the information provided within this diary.



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鳴謝

本日誌是作為*caring@home*的一部分編寫的，這是由Metro South Health聯盟開展的一個專案，透過以下機構執行：布里斯班南部舒緩照顧協作機構(Brisbane South Palliative Care Collaborative) (牽頭機構)、澳大利亞老齡和社區服務(Aged & Community Services Australia)、澳大利亞初級保健護理護士協會(Australian Primary Health Care Nurses Association)、弗林德斯大學(Flinders University) (透過CareSearch)、澳大利亞領先老齡服務(Leading Age Services Australia)、全國處方服務署(National Prescribing Service)、澳大利亞藥學會(Pharmaceutical Society of Australia)、澳大利亞皇家全科醫學院(The Royal Australian College of General Practitioners)和悉尼科技大學(University of Technology Sydney)。

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經費聲明

caring@home 由澳大利亞政府衛生部提供經費。

建議參考資料

Brisbane South Palliative Care Collaborative。《用藥日誌》。布里斯班：Brisbane South Palliative Care Collaborative; 2018。

查詢

有關本文件的所有問題，請聯絡：

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免責聲明

本日誌創建之目的是專門為照顧者們使用，協助他們記錄用於被照顧的人的皮下注射藥物。

雖然Brisbane South Palliative Care Collaborative在確保日誌在提供記錄皮下注射藥物的準確範本方面已經盡責盡力，但本日誌只是適當實踐的一般指南，在各病例中應該按臨床醫生的判斷和照顧者的優先程序實施。

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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

本日誌是給照顧者的 *caring@home* 成套教材的一部分。

它用於記錄給予被照顧的人的所有皮下注射藥物，以幫助管控他們的突破性症狀。

日誌：

- 讓您可以記錄使用的所有皮下注射藥物及其療效
- 幫助醫療團隊評估藥物是否有效，以及是否需要更換藥物
- 協助您、您所照顧的人和醫療團隊之間在所用藥物方面的溝通

重要的是，每次因突破性症狀給藥時，您都要在日誌上記錄下來。



“我真的很喜歡用藥日誌。其他家人來拜訪時，我就用它來展示情況。它幫助我與護士交談並讓我記得所發生的情況。”



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.

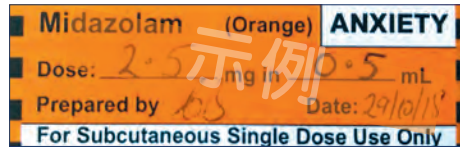


彩色編碼標籤系統

請務必閱讀注射筒上的標籤，以確保您對特定突破性症狀選擇了正確的藥物。


如下所示，彩色編碼標籤系統可作為額外的安全檢查。它可以幫助您為每個突破性症狀選擇正確的藥物。這包括：

- 貼在裝藥注射筒上的彩色編碼標籤



- 症狀和藥物：彩色編碼冰箱圖表

症狀和藥物：彩色編碼冰箱圖表



Symptom management for palliative patients

藥物	藥物	藥物 Midazolam	藥物	聯繫方式： 24小时电话号码：
症狀	症狀	症狀 焦慮	症狀	
藍色	藍色	橙色	綠色	
藥物	藥物	沖洗注射 有白色背景的黑文本		
淺橙鮭魚色	淺橙鮭魚色	氯化鈉0.9%		
				Symptom / 症狀 Pain – 疼痛 Shortness of breath – 呼吸急促 Noisy ‘rattly’ breathing – 呼吸“咯咯”作響 Nausea and/or vomiting – 噁心和 / 或嘔吐 Restlessness/agitation – 煩躁 / 躁動不安 Anxiety – 焦慮 Confusion – 意識混亂

caring@home 由澳大利亞政府衛生部提供經費並由Brisbane South Palliative Care Collaborative領導。
 本資訊改編自澳大利亞衛生保健安全和品質委員會 (Australian Commission on Safety and Quality in Health Care) 之《2015年可注射藥物、液體和管線的用戶應用標籤的國家標準》(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



如何填寫本日誌

這個例子向您展示了如何為所給的每種藥物填寫日誌。

日期	時間	藥物	劑量	給藥原因	‘之前’ 症狀評級 (0-10)	‘約20分鐘後’ 症狀評級 (0-10)	評論/您想要注意或 提及的其他事項
29/10/18	上午4時30分	Morphine	2毫克	<ul style="list-style-type: none"> 疼痛 呼吸急促 呼吸“咯咯”作響 噁心和 / 或嘔吐 煩躁 / 躁動不安 焦慮 思維混亂或新的意識混亂 其他 	9	4	20分鐘後安定 下來，舒適
29/10/18	上午4時30分	Midazolam	2.5毫克	<p>呼吸急促</p> <p>焦慮</p>	9	1	

此處寫下
日期

此處寫下
給藥物的
名稱

此處寫下
給藥的理由

此處寫下
所給藥物的
劑量

此處寫下
“之前”
症狀痛苦評級

此處寫下
“約20分鐘後”
症狀痛苦評級

此處寫下
您認為重要
的任何內容

日期	時間	藥物	劑量	給藥原因 <ul style="list-style-type: none"> • 疼痛 • 呼吸急促 • 呼吸“咯咯”作響 • 噁心和 / 或嘔吐 • 煩躁 / 躁動不安 • 焦慮 • 思維混亂或新的意識混亂 • 其他 	‘之前’ 症狀評級 (0-10)	‘約20分鐘後’ 症狀評級 (0-10)	評論/您想要注意或 提及的其他事項

日期	時間	藥物	劑量	給藥原因 <ul style="list-style-type: none"> • 疼痛 • 呼吸急促 • 呼吸“咯咯”作響 • 噁心和 / 或嘔吐 • 煩躁 / 躁動不安 • 焦慮 • 思維混亂或新的意識混亂 • 其他 	‘之前’ 症狀評級 (0-10)	‘約20分鐘後’ 症狀評級 (0-10)	評論/您想要注意或提及的其他事項



Notes 備註

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

