



Medicines diary



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Acknowledgements

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Enquiries

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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.



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.”

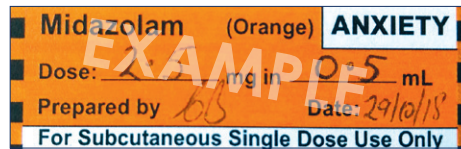


Colour-coded labelling system

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 caring@home
Symptom management for palliative patients

Medicine Symptom
Blue
Medicine Symptom
Blue
Medicine Symptom
Orange
Midazolam
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

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.



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	Shortness of breath	9	4	Settled and comfortable after 20 minutes
29/10/18	4.30am	Midazolam	2.5 mg	Anxiety	9	1	

write the **Date** here

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

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

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

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

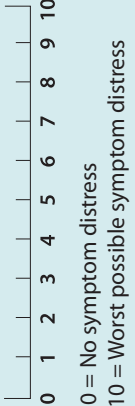
write the **'Before' symptom distress** rating here

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

write **Anything** you think is important here

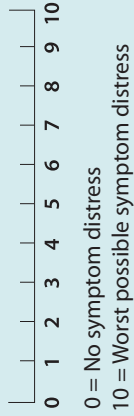
The diary

Date	Time	Medicine	Dose	Reason for medicine <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 	'Before' symptom rating (0-10)	'After about 20 mins' symptom rating (0-10)	Comments/Other things you want to note or mention

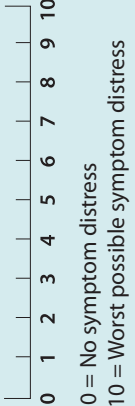


The diary

Date	Time	Medicine	Dose	Reason for medicine <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 	'Before' symptom rating (0-10)	'After about 20 mins' symptom rating (0-10)	Comments/ Other things you want to note or mention

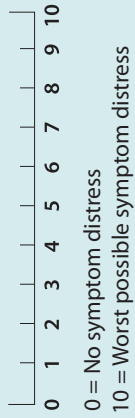


The diary

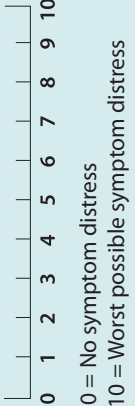
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The diary

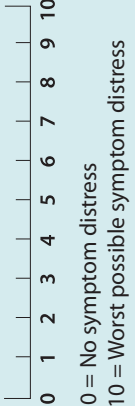
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The diary

Date	Time	Medicine	Dose	Reason for medicine <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 	'Before' symptom rating (0–10) 	'After about 20 mins' symptom rating (0–10)	Comments/ Other things you want to note or mention	

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Notes

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

