







# Medicines diary

- Your nurse will teach you how to use this Medicines diary.
- You can use this Medicines diary to keep track of all the medicines given.
- The nurse uses this Medicines diary to check how things are going and to check if the medicines need to change.

Write in this diary every time you give medicine.

MEASURE OF DISTRESS











Example

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE  20 MINUTES AFTER MEDICINE		Comments
Thursday	10.30 pm	<div style="border: 1px solid black; padding: 2px;"> <p><b>Haloperidol</b> (Salmon) <b>NAUSEA/ VOMITING</b></p> <p>Dose: <u>0.5</u> mg in <u>0.1</u> mL </p> <p>Prepared by: <u>KD</u> Date: <u>31/7/24</u></p> <p><b>For Subcutaneous Single Dose Use Only</b></p> </div>	8	2	Settled and comfortable after 20 minutes
-----	-----	-----	-----	-----	-----
-----	-----	-----	-----	-----	-----
-----	-----	-----	-----	-----	-----
-----	-----	-----	-----	-----	-----















MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	








MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	












MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----	-----	-----	-----	----- ----- -----	
-----	-----	-----	-----	-----	----- ----- -----	
-----	-----	-----	-----	-----	----- ----- -----	
-----	-----	-----	-----	-----	----- ----- -----	
-----	-----	-----	-----	-----	----- ----- -----	













MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE			Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	













MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	













MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	















MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE  20 MINUTES AFTER MEDICINE		Comments
-----	-----		-----	-----	----- ----- -----
-----	-----		-----	-----	----- ----- -----
-----	-----		-----	-----	----- ----- -----
-----	-----		-----	-----	----- ----- -----
-----	-----		-----	-----	----- ----- -----













MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	













MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	













MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	













MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE  20 MINUTES AFTER MEDICINE		Comments
-----	-----		-----	-----	----- ----- -----
-----	-----		-----	-----	----- ----- -----
-----	-----		-----	-----	----- ----- -----
-----	-----		-----	-----	----- ----- -----
-----	-----		-----	-----	----- ----- -----













MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	

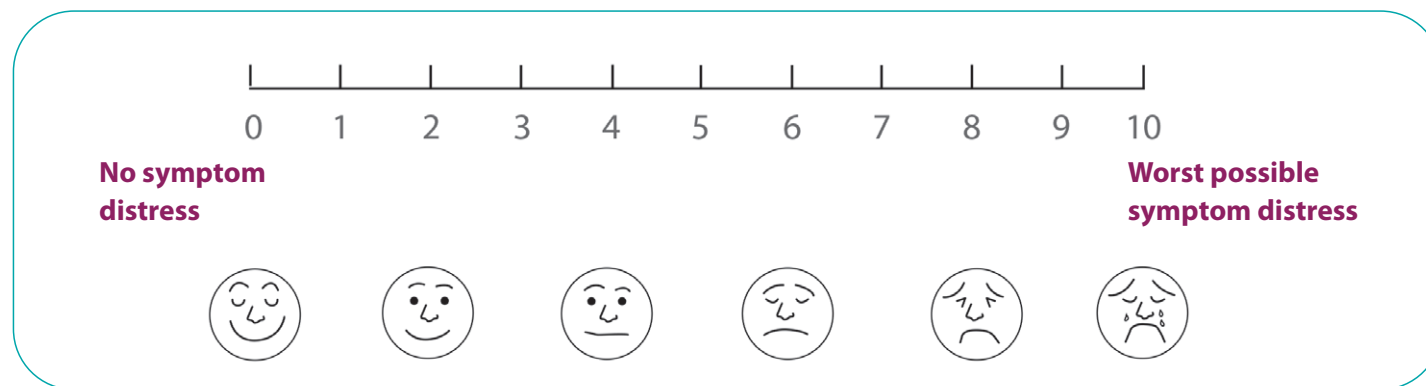


MEASURE OF DISTRESS

 DAY	 TIME	 MEDICINE	 BEFORE MEDICINE		 20 MINUTES AFTER MEDICINE	Comments
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	
-----	-----		-----	-----	----- ----- -----	

## How distressing is it?

Ask your person to look at the scale and pick the number or the face that matches how they feel. The numbers are a scale from 0 - 10. 0 means the symptom is not distressing and 10 means it is the worst possible distress.



If your person cannot tell you how they feel, trust your own judgement and rate the symptom for the person.

You will need to record the symptom rating in this Medicines diary before and about 20 minutes after giving medicine. This will help you to decide if the medicine has worked.