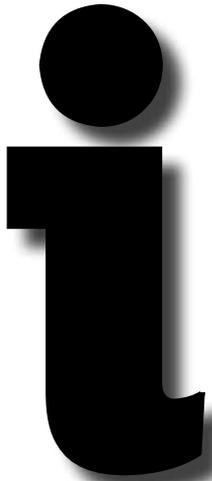


# ***Radnor Ward Intensive Care & High Dependency Unit Patient Diaries - information for relatives & friends***



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Author: Jacqueline Weaver  
Role: Sister  
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Patients who have had a stay in Intensive Care often have little or no memory of their stay. Their memory of this time can be affected by the illness itself or the sedative drugs we give to our patients to keep them comfortable. Patients may also remember nightmares or hallucinations from this time that can be very frightening.

Although doctors and nurses explain to patients why they were admitted to Intensive Care, patients often forget what we have told them. Research has suggested that patients can become stressed and anxious when they do not fully understand what has been wrong with them.

To help patients understand more about their illness and their stay, we have introduced 'patient diaries'. A diary has been shown to reduce stress in patients after they are discharged to the wards and in the months after their stay.

We have started a patient diary for your relative / friend. The nursing staff will make diary entries to explain what has brought the patient to Intensive Care, what is wrong with them and how they are progressing. Some patients may also have had their photograph taken for their diary.

We encourage you to write in the diary to pass on your messages to the patient, tell them news from home or what is happening in their local area or indeed across the world, anything you think that they would like to hear about. When writing in the diary please avoid using any language that could cause offence, for example swear words, to the patient or others who may read the diary afterwards. You may well find writing in the diary helps you to feel that you are contributing to the recovery of your relative / friend and reduces the feeling of being helpless.

We will keep your relative's / friend's diary by their bedside in Intensive Care, you just need to ask the nurse looking after your relative if you would like to make a diary entry.

When our patients are well enough and have gone to a general ward, we follow them up and either go through their diary with them then, or if more appropriate, we go through the diary at their Follow-Up Clinic appointment once they have been discharged from hospital. Once the patient feels well enough they are allowed to keep their diary.

If you have any questions about patient diaries, please do not hesitate to ask the nurse looking after you relative / friend.

**Radnor Ward**  
**01722 336262 ext 4373 or 4374**