



Health
Nepean Blue Mountains
Local Health District

Nepean Intensive Care Unit

Patient Journal

Family information

Since the 1970's journals have been used around the world to help patients come to terms with their critical illness. The memories of our patients are effected by their illness and the sedation drugs we give for comfort. Research has proved that an ICU Journal reduces stress and anxiety by filling in missing or incorrect memories. By writing to your loved one and the photos we add each day, a personalised record is made of the journey you and your family experience.

You and any other visitor can write about,

The illness

What is happening at home

Your own feelings.

Write in your own words, write to your loved one, and write what you would say.

The hospital staff will also write, adding our part to their journey.

You all can be included in the photos we will take and add to the journal.

We've left the title page plain for you to personalize. Ideas could include a drawing, favourite photos of family, pets or holidays, which we can attach for you.

This journal will be located at the bed side and is not to be removed. It remains the property of the Nepean ICU until a commencement consent form is signed at a later time. Hospital staff will remove pages that contain offensive or derogatory language.

We can add extra pages, supply coloured pencils, scan in your photos from home. We hope it will encourage conversations between your family and our staff.

Consent is required to be signed by the patient's person responsible before the journal can be started.

TOGETHER
ACHIEVING
BETTER HEALTH

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