

When your loved one is rushed to the hospital, or even if they go in for planned surgery, you are his or her advocate. They are often drugged, sometimes unconscious, and not in a good position to look out for themselves.

My husband, Foster, fell off a ladder at work. He went through brain surgery, collarbone surgery, and weeks of recovery. I was tied in knots. I don't want you to go through my learning curve. These worksheets won't cover everything as every situation is unique, but they will hopefully assist you in an organized approach to tracking information and staying informed.

One point I want to make. You won't do your loved one any good if you keel over. Take care of yourself. Eat meals. Sleep. You can't watch your loved one 24-hours a day, and you shouldn't feel guilty if you take a break, even for peace of mind.

I hope these help, and God Bless you and your loved one.

Jackie Vick

Know your insurance!

Insurance Company:

Policy effective and expiration date:

Policy number:

Claim number:

Adjuster name:

Phone number (direct line if possible):

Fax number:

Email:

Address:

Case Manager (If one assigned):

Company:

Phone number:

Fax Number:

Cell Number:

Address:

Every day, it is important to know who is taking care of your loved one. You want to keep a record, so if there is a question or misinformation, you know where it came from!

Date \_\_\_\_\_

Charge Nurse \_\_\_\_\_

RN \_\_\_\_\_

LPN \_\_\_\_\_

CNA \_\_\_\_\_

Date \_\_\_\_\_

Charge Nurse \_\_\_\_\_

RN \_\_\_\_\_

LPN \_\_\_\_\_

CNA \_\_\_\_\_

Date \_\_\_\_\_

Charge Nurse \_\_\_\_\_

RN \_\_\_\_\_

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CNA \_\_\_\_\_

Date \_\_\_\_\_

Charge Nurse \_\_\_\_\_

RN \_\_\_\_\_

LPN \_\_\_\_\_

CNA \_\_\_\_\_

Find out what's going on! What's standard for the condition? Don't expect the nurse to know. For instance, if it's a head injury like my husband had, there should be no less than a thirty degree angle on the bed. Learn how to adjust the bed. Do it yourself. Make sure every nurse and CNA is aware of the restriction. With brain surgery, the patient also shouldn't drink excessive water. What's excessive? That's kind of vague, but a doctor finally limited my husband to two liters per twenty-four hour period. Don't stand there and let them keep your husband's bed flat if you know it should be on an angle. Speak up. Change it yourself. Raise holy hell. Insist they call the doctor. You're fighting for your loved one, not the nurse's ego.

What is my loved one's condition?

What are the goals for recovery?

Is there something I can do to aid in that goal?

Are there things my loved one needs to avoid taking/doing?

Are there things that my loved one should take/do? How often? In what dosage?

Throughout the day, doctors, nurses, and other professionals will drop by. It is important to note who they are, what they are doing, and what it means. I suggest you use one of these per day.

Date/Time:

Name:

Occupation:

Purpose of visit:

What it means:

What were the results:

Medication given and dosage:

Anything to follow up on?

Date/Time:

Name:

Occupation:

Purpose of visit:

What it means:

What were the results:

Medication given and dosage:

Anything to follow up on?

Date/Time:

Name:

Occupation:

Purpose of visit:

What it means:

What were the results:

Medication given and dosage:

Anything to follow up on?

Do not be afraid to ask questions! If your loved one has a change in condition, if you are worried about something, if you don't understand something, ASK! Write your questions down or you will forget them! And keep track of who tells you what. You may get conflicting information, and you will want to refer to your notes.

Date:

Question:

Answer:

Answered by:

Date:

Question:

Answer:

Answered by:

Date:

Question:

Answer:

Answered by:

Date:

Question:

Answer:

Answered by:

Keep track of the vital statistics. You want this information, if only for your own piece of mind!

Date \_\_\_\_\_ Time \_\_\_\_\_ Taken by \_\_\_\_\_  
Blood Pressure \_\_\_\_\_ over \_\_\_\_\_  
Temperature \_\_\_\_\_  
Heart Rate \_\_\_\_\_  
O2 Level \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ Taken by \_\_\_\_\_  
Blood Pressure \_\_\_\_\_ over \_\_\_\_\_  
Temperature \_\_\_\_\_  
Heart Rate \_\_\_\_\_  
O2 Level \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ Taken by \_\_\_\_\_  
Blood Pressure \_\_\_\_\_ over \_\_\_\_\_  
Temperature \_\_\_\_\_  
Heart Rate \_\_\_\_\_  
O2 Level \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ Taken by \_\_\_\_\_  
Blood Pressure \_\_\_\_\_ over \_\_\_\_\_  
Temperature \_\_\_\_\_  
Heart Rate \_\_\_\_\_  
O2 Level \_\_\_\_\_

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Temperature \_\_\_\_\_  
Heart Rate \_\_\_\_\_  
O2 Level \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ Taken by \_\_\_\_\_  
Blood Pressure \_\_\_\_\_ over \_\_\_\_\_  
Temperature \_\_\_\_\_  
Heart Rate \_\_\_\_\_  
O2 Level \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ Taken by \_\_\_\_\_  
Blood Pressure \_\_\_\_\_ over \_\_\_\_\_  
Temperature \_\_\_\_\_  
Heart Rate \_\_\_\_\_  
O2 Level \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ Taken by \_\_\_\_\_  
Blood Pressure \_\_\_\_\_ over \_\_\_\_\_  
Temperature \_\_\_\_\_  
Heart Rate \_\_\_\_\_  
O2 Level \_\_\_\_\_

Every morning, you want to find out what happened during the night. "I don't know" should be answered with "Please let me know the answer after you've read the report left by the evening nurse." If that fails, speak with the Charge Nurse. (Aren't you glad you wrote her name down?)

Date:

Anything unusual?

Was there a temperature?

What medications were given?

Did he eat?

Did he go to the bathroom?

Urine and Bowel?

How much? (if tracking)

Drink any liquids?

How much?

Date:

Anything unusual?

Was there a temperature?

What medications were given?

Did he eat?

Did he go to the bathroom?

Urine and Bowel?

How much? (if tracking)

Drink any liquids?

How much?

Date:

Anything unusual?

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Date:

Anything unusual?

Was there a temperature?

What medications were given?

Did he eat?

Did he go to the bathroom?

Urine and Bowel?

How much? (if tracking)

Drink any liquids?

How much?

This isn't a medical priority, but people might call, send flowers, or offer to help. If you jot a note when it happens, you'll remember to send a thank you note or call them back. Or if someone offers to help you out with something, and you wind up needing that help, you'll know who made the offer. Don't be afraid to take them up on the offer. They want to help. You need the help. It's a win-win

Date:

Name:

Gift Sent:

Offer Made:

Thank you note sent?

Reply made?

Date:

Name:

Gift Sent:

Offer Made:

Thank you note sent?

Reply made?

Date:

Name:

Gift Sent:

Offer Made:

Thank you note sent?

Reply made?