

寫給他/她的話：

東區尤德夫人那打素醫院深切治療部 病人日記

甚麼是病人日記？

病人在入住深切治療部期間，記憶可能會受到疾病本身或所服用的藥物而影響，令他們對住院期間的事情變得模糊。為了幫助病人更好地了解所發生的事與物，我們可以透過病人日記來作記錄。這是一個很好的方法讓病人在使用藥物鎮靜下或對外界意識有限時，能夠感受到親屬的關懷和探訪。

日記的內容可以寫甚麼？

這本日記可放在病人的床頭。鼓勵您們在探訪時寫下想分享的事情或打氣說話，也可以留下圖畫或照片。病人日記的內容是公開，請避免使用敏感的語言和觸犯到私隱的說話，以免引起病人的焦慮和擔憂。

何時適合與病人分享日記？

當病人恢復意識時，歡迎您與他一起閱讀日記，幫助填補入住期間的記憶。

如對病人日記有任何查詢，歡迎與當值護士聯絡。

Writing to Him/Her:

Patient Diary In PYNEH ICU

What is a Patient Diary?

During an ICU stay, a patient's memory can be affected by the illness itself or the medications being administered. Keeping a Patient diary can help patients understand their illness and recall things that have happened. This helps the patient, who maybe under the effect of drugs and/or unable to recognize who's visiting, to subsequently piece together the memory of their ICU stay.

What should be written in the diary?

This diary will be placed at the patient's bedside available to staff and those who visit. You can make a diary entry by sharing anything that your relative would be interested in, writing encouraging messages, and/or attaching drawings or photos. We suggest you to avoid sensitive language and not to breach anyone's privacy in your entry.

When can I read the diary to my relative?

Once your relative regains consciousness, you are welcome to read the diary with him/her.

For any enquiries, please do not hesitate to ask our nurse who is looking after your relative.