**Health Monitoring log**

Please record the following on this log:

* Any conversations around health deterioration (insight, understanding, treatment, wishes)
* Any new presenting symptoms (see overleaf)
* Non-compliance with medication. Please record the reasons for refusal.
* Any falls and the consequence of these (support provided, ambulance called out etc).
* Any general health concerns.

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| **Date & Time** | **Health concern / Observation**  **(New symptoms, memory concerns, falls etc.)** | **Outcome**  **(GP notified, ambulance called etc.)** | **Staff member** |
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**Signs & Symptoms**

**These can be general or specific to an illness. The important thing is to take note of any change you notice in how your client is presenting.**

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| **Physical symptoms**   * Swollen abdomen (called ascites) * Vomiting or coughing up blood * Confusion or memory problems * Swollen legs or feet |
| **Behavioural symptoms**   * More irritated or aggressive * More isolated and withdrawn * Not wanting to drink as much |
| **Mobilising**   * Reports a change in ability to get around * Unable to mobilise short distances * Has difficulty getting up/down stairs |
| **Breathing**   * Becoming unable to mobilise short distances due to shortness of breath * Rapid, shallow breathing * Excessive coughing/wheezing |
| **If risk of infection**   * Reports discomfort or inflammation * Infection visible or suspected |
| **Maintaining safe environment**   * Increased falls * Reduced level of consciousness * Increased confusion * Inability to mobilise * Increased shortness of breath |