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* More isolated and withdrawn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