

# MY SICKLE CELL JOURNAL



# GENERAL INFORMATION

*Add addresses and telephone number where possible*

MY HOSPITAL OF CARE IS \_\_\_\_\_  
\_\_\_\_\_

MY SICKLE CELL NURSE IS \_\_\_\_\_  
\_\_\_\_\_

MY HAEMATOLOGIST IS \_\_\_\_\_  
\_\_\_\_\_

MY GP IS \_\_\_\_\_  
\_\_\_\_\_

MY BLOOD TYPE IS \_\_\_\_\_  
\_\_\_\_\_

MY NEXT OF KIN IS \_\_\_\_\_  
\_\_\_\_\_



# HOSPITAL BAG CHECKLIST

- CLOTHES
- TOILETRIES
- SNACKS
- NOTEBOOK
- PEN
- PHONE
- CHARGER
- BLANKET
- SLIPPERS
- MONEY/BANK CARD
- BOOK

NEXT OF KIN DETAILS:



*You are not your illness.  
You have an individual story to  
tell. You have a name, a  
history, a personality.  
Staying yourself is part of the  
battle.— Julian Seifter*



# CRISIS HISTORY

DATE	LENGTH	DETAILS OF CRISIS AND OUTCOME
<i>22/07/2018</i>	<i>2 weeks</i>	<i>Acute chest pain, I went to the hospital for 3 days and was administered morphine</i>

Tracking the details of your crisis will help enable you to give as much details as possible to your haematologist during your outpatient appointments.



# MEDICATION RECORD

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

Purpose: \_\_\_\_\_

Possible Side Effects: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

Purpose: \_\_\_\_\_

Possible Side Effects: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

Purpose: \_\_\_\_\_

Possible Side Effects: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

Purpose: \_\_\_\_\_

Possible Side Effects: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

Purpose: \_\_\_\_\_

Possible Side Effects: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_ Frequency: \_\_\_\_\_

Purpose: \_\_\_\_\_

Possible Side Effects: \_\_\_\_\_

## CHEMIST DETAILS

*Address and telephone number*



## VACCINES

- 
- 
- 
- 
- 
- 
- 
- 

## INTENTIONS FOR NEXT YEAR

*E.g ; Increase blood count, gain weight.*

## PAIN MANAGEMENT / SELF CARE IDEAS

*E.g ; Meditation, Juicing, Relaxation Walks*

# FEB & MAR PAIN DIARY

F M

## COLOUR CODE

Absolutely WONDERFUL day

Good, happy day

Normal, average day

Exhausted, tired day

Depressed, sad day

Frustrated, angry day

Stressed, anxiety day

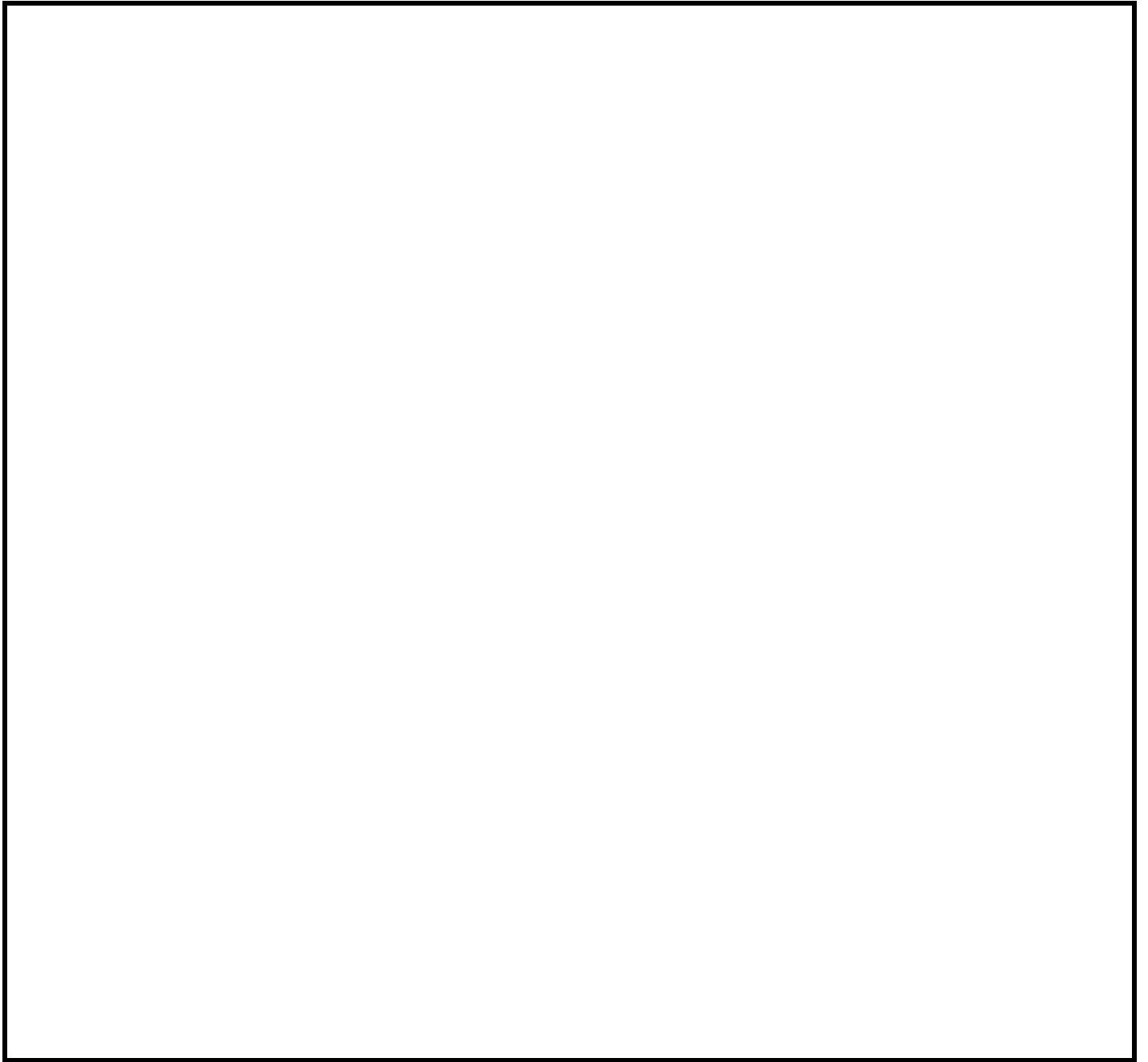
Sick day

1		
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31		

By using this pain track mood diary you can monitor the patterns in your life and identify negative influences (or “triggers”) that you need to avoid, and early warning signs of a crisis



## MY AIMS FOR 2019



## MISCELLANEOUS NOTES

