

Daily Chart to use for Vital Signs and Medicine

At the outset of Mother's stay in the nursing home, I became meticulous in finding the most efficient means for keeping information within reach. Due to subsequent visits to various doctors and the hospital and being asked about her weight and other vital information, I found it necessary to have specific information at my fingertips. The following chart became an invaluable tool and helped me provide an instant analysis of Mother's problems.

I recall one visit to Mother's urologist. He was concerned about her weight and wondered if the nursing home had provided that particular information (it was standard practice that whenever a patient is sent from the nursing home to a doctor's appointment or the emergency room, paper work is sent with them). They sent the fact sheet along with her current medications but nothing pertaining to the weight. When I said I could tell him what he needed, I pulled out the chart. He asked, "What do you have there?" After showing him my chart, he commented, "I appreciate you coming with your Mother. Please continue monitoring her progress and do not stop keeping this type information as you do not realize how important it is to have someone come with their loved one and be able to give specific facts. Often nursing homes only send the fact sheet about the patient without taking into consideration their vital signs. And, they do not send anyone with the patient." Mother's weight became a constant issue for various reasons - -loss of appetite, disoriented in surroundings, and because of possibility of aspiration and potential kidney and heart problems.

Daily Chart

Name _____

Year/Month/Day		B/P	Temp	Pulse	Heart rate	Weight
	Jan.					
	Feb.					
	Mar.					
	Apr.					
	May.					
	Jun.					
	Jul.					
	Aug.					
	Sept.					
	Oct.					
	Nov.					
	Dec.					

Medicine Chart

Medicine for: _____

Name of Medicine	Size/color	Dosage	How often	How much	Comments
B: G:					
B: G:					
B: G:					
B: G:					

B = Brand name of drug³

G = Generic name of drug

Doctors names and telephone numbers:

Pharmacy names and telephone numbers:

Name of medicine/prescription number/expiration date:

Emergency Contact: Name and phone number:

³ eg: blood pressure medicine:
Brand name: Tenormin, Atenolol or Tenoretic
Generic name: Atenolol or Atenolol/Chlorthalidone