

MY HEALTH JOURNAL



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 The
Christ Hospital™

Caring Above All.™

TO OUR PATIENTS & FAMILIES:

Our employees have a wealth of knowledge to share, but we learn a lot from our patients and their families, too. For example, many of our nurses have noticed patients coming to the hospital for follow-up appointments with notebooks. They use them to jot down notes, questions and reminders about their care. Some might take notes about a medication they will be taking or hints to help them with their physical therapy. Our staff thought this was a great idea and set out to take the notebook concept to a new level.

This journal is the result of their work. It is designed with you and your family in mind so you have an easy way to keep track of your health. It is also customizable to your needs. There are various sections to add notes about your health history, specific hospital visits and your follow-up care. Our goal is to help you create a one-stop reference tool so that you and your family are actively involved with your treatments and healing.

There is also a section where you can keep a journal of your experiences, thoughts and feelings. We hope you find that journaling adds to your healing process and gives you a chance to clear your mind, express yourself and chart your journey. We recognize that a journal is a personal space, and our staff will always respect your privacy by not looking into your journal.

We hope that this journal becomes a useful resource and encourage you and your family to make it a part of your ongoing care.



MY HEALTH JOURNAL

Welcome to your Health Journal! This is a gift to you and your family from The Christ Hospital Health Network. We hope that you find this journal to be a useful tool for keeping track of details about your health and for partnering in all things related to your care.

We understand that you will be given a lot of information during your hospital stay – and that you will probably have some questions for us. This journal has plenty of pages where you can jot down notes and reminders of things you would like to ask. You can even use it once you go home to keep track of your progress.

Possible Uses of this Journal:

This journal can serve as a guide. Please feel free to use the journal in a way that is most meaningful and useful to you. Some possibilities include:

- As a record of your health
- As a diary of your symptoms and how they are managed
- As a reminder of questions to ask doctors, nurses and other caregivers
- As a communication tool with your family and loved ones
- As a journal of your thoughts, feelings, hopes and goals
- As a way to manage your ongoing healthcare needs.

Some patients have found that placing the journal in a three-ring binder is a helpful way to organize their information. In addition, some patients use a pocket folder to keep important documents (such as diagnostic test results and business cards) all in one place.

For your use

You may be entering the information into the Journal, or your family member/loved ones may be doing this. It is your choice. Your Journal is your private information, so keep this in a safe place so that only you and your loved ones have access to the information in your Journal.

Hospital personnel and doctors will not access or read your Journal, unless you invite them to do so. Hospital staff and or physicians are not responsible for the contents of the journal, nor are they responsible in the event the journal is lost or stolen.

The Journal is yours to take with you when you are discharged. We hope you find this Journal helpful for you and your family/caregivers.

We want you and your loved ones to be confident in the care you receive. Studies have shown that when patients and their family members actively participate in their care, it improves outcomes and increases quality and safety.

NEED EXTRA PAGES IN YOUR JOURNAL?

IF YOU NEED TO ADD PAGES TO THIS JOURNAL, YOU MAY
FIND A BLANK PAGES AT THECHRISTHOSPITAL.COM/JOURNAL.

Patient-and Family-Centered Care at The Christ Hospital Health Network

Patient-and Family-Centered Care (PFCC) is the model of care at The Christ Hospital Health Network. It's our goal to include PFCC in all that we do for every patient and family. It is based on these four core concepts:

- ▶ **DIGNITY AND RESPECT** – We listen to and honor patient and family perspectives and choices. Patient and family knowledge, values, beliefs and cultural backgrounds are included in the planning and delivery of care for our patients. We understand that “family” means different things to different people. Our patients define who they consider to be family.
- ▶ **INFORMATION SHARING** – We share complete information with patients and their identified family members in ways that are affirming and useful. Patients and families get timely, complete and accurate information so they can participate in care and decision-making.
- ▶ **PARTICIPATION** – We involve patients and families in their care and decision-making in a way that makes them feel most comfortable.
- ▶ **COLLABORATION** – We include patients and families on a hospital-wide basis to provide valuable input on things including hospital redesign, educational materials and program development.

Patient & Family Advisory Council:

The Christ Hospital Health Network has created a Patient & Family Advisory Council to help with our PFCC initiatives, including this journal. The council includes members of the community from all walks of life, physicians, administration and employees. Together, the council works to improve quality of care and give a family perspective to enhance the overall patient experience.

For more information about the Patient Family Advisory Council, or to learn about membership opportunities, please visit TheChristHospital.com/PFAC.

Resources for Patients and Families at The Christ Hospital

MyChart

The Christ Hospital MyChart gives you direct online access to portions of your electronic medical record, where your doctor stores your health information. Your lab results, appointment information, medications, immunizations and more are all securely stored for quick retrieval.

The Christ Hospital MyChart shows you that same information – so you see what your doctor sees! It also provides new, convenient methods of communicating with your doctor's office. You can renew prescriptions, send non-urgent email messages, and schedule appointments – all online.

With The Christ Hospital MyChart, you can:

View your medical information online

- Review medications, immunizations, allergies and medical history
- Receive test results online
- Review health education topics and discharge instructions

Communicate with your doctor's office

- Send non-urgent messages via a secure email
- Request prescription refills online

Manage your appointments

- Schedule, cancel or confirm appointments
- View details of past and upcoming appointments

Keep track of your family's health

- Link your adult family members' records to your own for convenient access to their appointments and other medical information (Access to children's records will be available at a later date.)

Create your own personal health record

- Lucy, a personal health record available through MyChart, allows you to enter your own health information or health summaries and share them with your physician.

Share/View your other MyChart records

- If you have a MyChart account with other hospitals or doctor's offices, you can view all of them through a single sign-on.

How do I get access?

Ask your physician or the office staff how you can get a MyChart account. You'll be given a user ID, as well as a password that you will be asked to change when you sign in for the first time. Once you have your login information, go to TheChristHospitalMyChart.com and get connected to your health!

Chapel

The chapel is always open and conveniently located on Level 1 near the main elevators. It provides a quiet spot for prayer and reflection.

A Catholic Mass is celebrated every day at 11 a.m., except Wednesdays. Protestant worship services are held every Sunday at 9:30 a.m.

Family Resource Centers

Several family resource centers are located throughout the hospital. These provide a relaxing atmosphere and are a source for information, education, support and Internet access. Family resource centers are located in the following areas:

- C Level of the Heart Center, near Admitting and Diagnostic Services
- The Sharron Moore Eckel Cancer Resource Center, D Level (Cancer Center)
- Medical Intensive Care Unit, 7 West
- 4 West Resource Center
- The Women's Imaging Center, Medical Office Building Suite 324

"WHERE THERE IS NO
STRUGGLE, THERE IS NO
STRENGTH."

- Oprah Winfrey, Healing



Library: "James N. Gamble Library"

The Library is located on 1 North (main floor past the chapel). In addition to offering current newspapers and magazines, the library can also serve as a resource for getting information about illnesses and treatments.

For more information, contact the library at 513.585.2737 or TCH_Library@TheChristHospital.com.

Living Will Durable Power of Attorney for Healthcare

When you were admitted, you were asked if you had completed a Living Will or Durable Power of Attorney for Healthcare. Every person in Ohio has the right to make these decisions.

The Living Will allows you to direct the medical care you would receive were you to become terminally ill and unable to make your wishes known or become permanently unconscious.

The Durable Power of Attorney for Healthcare allows you to name a person to act as your representative in making healthcare decisions for you if you become unable to make them for yourself.

These forms can be completed any time during your stay.

For assistance with these forms, please call pastoral services at 52265 from your room phone or 513.585.2265 from outside the hospital.

Palliative Care Services

The Christ Hospital's Palliative Care Service provides comprehensive, compassionate care for patients and families dealing with serious illnesses. Palliative care focuses on quality of life and can be provided alongside active treatment of the illness. The Palliative Care Service can:

- Provide pain and symptom management
- Help with medical decision-making
- Coordinate care during hospitalization
- Provide referral to resources in the community
- Offer emotional and spiritual support.

The Palliative Care Service is available Monday – Friday by physician order.

The Palliative Care Team can be reached at 513.585.4157.



Pastoral Services

The Christ Hospital's pastoral services department ministers to the spiritual needs of patients and their families of all faiths. During your stay, you may request a visit by one of our staff chaplains or call pastoral services and request that your pastor, priest, rabbi, imam or other religious leader be notified. For more information, please call pastoral services at **52265** from your hospital phone.

Patient Relations

Patient satisfaction is extremely important to us. If you have a concern or complaint, please ask to speak to the manager or person in charge on your unit. You may also contact a patient relations representative through your Skylight TV service or by calling **51200** from your room or **513.585.1200** from outside the hospital.

Social Work

Many patients who come to The Christ Hospital are dealing with medical problems which can have emotional, social and financial effects. Our social workers can assist you with:

- Arranging for referrals to community and health resources so you will continue receiving needed care after discharge
- Planning for placement in an extended care or rehabilitation facility after discharge
- Making decisions about and finding solutions to obtaining the care and support you need after discharge
- Providing counseling for you and your family to alleviate some of the stresses associated with illnesses and treatments
- Providing counseling and referrals to protective services and domestic violence services.

**IS THERE
ANYTHING
ELSE WE CAN
DO FOR YOU?**

**WE WANT TO MAKE
SURE YOUR STAY WITH
US IS THE VERY BEST!**

**IF THERE IS ANYTHING
ELSE WE CAN DO FOR
YOU, PLEASE ASK ANY
HOSPITAL EMPLOYEE.**

**IF YOU HAVE ANY
SUGGESTIONS OR
CONCERNS, PLEASE
ASK TO SPEAK TO THE
DEPARTMENT**

**MANAGER OR CALL
PATIENT RELATIONS AT
513.585.1200 SO THAT**

**WE CAN ADDRESS
THEM PROMPTLY.**



The social work office is open Monday through Friday, 8 a.m. to 4:30 p.m. and Saturday, 8 a.m. to Noon. Call **52427** from your room phone to reach the social work office or dial **513.585.2427** from outside the hospital. In the event of an emergency outside of regular hours and on holidays, a social worker can be reached by calling the hospital operator at **513.585.2000**.

Case Management

During your hospital stay, a case manager will work closely with you and your physician to assess and plan for your needs after discharge. The case manager can assist you with:

- Arranging for referrals to home health services which may include a nurse, physical therapy, speech therapy, social work or a home health aide.
- Arranging for medical equipment you may need such as walkers, wheelchairs, hospital beds, bedside commodes, etc.
- Working with your insurance company and pharmacy to obtain authorization for certain medications to be taken after discharge.
- Working with your insurance company to secure authorization of your hospital stay.
- Identifying barriers that may hinder a successful discharge plan and make referrals to the appropriate resources.
- Coordinating all of these services to provide a seamless transition home.
- Following up within one to two days after your discharge to ensure the plan was successful.

The Case Management department is open Monday through Friday from 8 a.m. to 5 p.m. You can reach the office at 513.585.2447.

Safety and Security

Our professional safety-security staff is on duty around the clock to assist with lost and found items, parking, escorts or more serious security issues. If you have a question, ask your nurse or call Safety and Security at **52222** from your room or **513.585.2222** from outside the hospital.

MY PERSONAL HEALTH INFORMATION/HISTORY



“PHYSICIANS SHOULD NOT TREAT THE DISEASE, BUT THE
PATIENT WHO IS SUFFERING FROM IT.”

- Maimonides

MY PERSONAL HEALTH INFORMATION / HISTORY

Emergency Contacts For You

Name	Your relationship (family, friend, etc.)	Contact information (phone number, email, etc.)

Important Documents For Your Health

Note: If you have these documents, then you may choose to keep copies (not originals) of these documents in this binder.

Do you have a Durable Power of Attorney (POA)? Yes No

If yes: Name of Durable POA: _____

Phone number of Durable POA: _____

Do you have a Living Will? Yes No

If yes: Where is a copy kept?

Do you have any ALLERGIES?

Date	Allergy: Drug, Food, Other	Type Of Reaction/Treatment Received

Have you had any reactions to drugs/anesthesia?

Types of reactions to drugs or anesthesia could include: itching, hives, shortness of breath, nausea and other reactions.

Have you received anesthesia before? Yes No

Did you have a reaction? Yes No If yes, please describe below and alert your healthcare team anytime anesthesia is going to be part of your treatment.

Date	Drug / Anesthesia	Type Of Reaction	Treatment Received

What are your current MEDICATIONS?

(Include prescription drugs, over the counter drugs, vitamins and herbal / dietary supplements):

Drug: Name, Dose, Times Per Day	Reason For Taking Med / Special Instructions	Any side effects	Start date/ End date

PHARMACY:

Your Preferred Pharmacy: _____

Phone Number: _____

Address: _____

My SURGICAL HISTORY

Date	Diagnosis	Comments

Family Medical History: Describe any close family members with medical diagnoses that could be related to your health: cancer, heart disease, diabetes, etc.

Family Members	Diagnosis	Comments

Is there any other information that you would like to share with your healthcare providers that will help them to provide the best care to you?

Doctor Contact Information:

Include your primary care doctor and specialists:

Doctor Names	Phone Numbers	Address	Reason For Visiting This Doctor



Notes





Notes

NEED MORE SPACE TO WRITE? PRINT ADDITIONAL PAGES FOR THIS SECTION BY VISITING THECHRISTHOSPITAL.COM/JOURNAL.

MY ADMISSION SUMMARY



“LOVE IS THE GREAT MIRACLE CURE. LOVING OURSELVES
WORKS MIRACLES IN OUR LIVES.”

- Louise Hay, Cancer Survivor

My Daily Notes _____ (date) Unit _____

My goals for today: _____

Who are the doctors who visited me today? Why did they visit?

Name	Reason (heart, lungs, etc.)

WHO ARE MY NURSES / PCA'S TODAY?

Nurse	PCA (Patient Care Assistants)

TODAY'S TEST RESULTS:

Test (labs, X-rays, etc.)	Result, Comments

VITAL SIGNS

Time	Temp, blood pressure, pulse, respirations; weight <i>(anything that matters to you!)</i>	Comments

MEDICATIONS GIVEN

Medication	Comments

PROCEDURE / SURGERY PERFORMED TODAY:

Procedure / Surgery	Who did it?	Comments

SYMPTOM MANAGEMENT:

Today's symptom	What Helps?

WHO MADE MY DAY SPECIAL?

Name	Nurse / PCA / Doctor / Other



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Test (labs, X-rays, etc.)	Result, Comments

VITAL SIGNS

Time	Temp, blood pressure, pulse, respirations; weight (anything that matters to you!)	Comments

MEDICATIONS GIVEN

Medication	Comments

PROCEDURE / SURGERY PERFORMED TODAY:

Procedure / Surgery	Who did it?	Comments

SYMPTOM MANAGEMENT:

Today's symptom	What Helps?

WHO MADE MY DAY SPECIAL?

Name	Nurse / PCA / Doctor / Other



Common Abbreviations

Medical professionals often use abbreviations to simplify communications, but they may not always be clear to patients and families. If you are unsure of an abbreviation, do not hesitate to ask about it. Below is a list of common abbreviations you may see during your care.

EXAM, HISTORY AND DISCHARGE	
CV	cardiovascular
GI	gastrointestinal
GU	genitourinary (reproductive and urinary system organs)
EENT	eyes, ears, nose and throat
HEENT	hands, eyes, ears, nose and throat
Ob/Gyn	obstetrics and gynecology
ADL	activities of daily living
BM	bowel movement
BP	blood pressure
NKA	no known allergies
NKDA	no known drug allergies
ROM	range of motion

TESTS, PROCEDURES AND TREATMENTS	
ECG, EKG	electrocardiogram
EEG	electroencephalogram
FEV1	forced expiratory volume in one second
IPPB	intermittent positive-pressure breathing
PFT	pulmonary function tests
PEEP	positive end-expiratory pressure
CT	computer tomography
MRI	magnetic resonance imaging
PET	positron imaging tomography
US	ultrasound
CABG	coronary artery bypass graft
PT	physical therapy

DISEASES AND SYMPTOMS	
AD	Alzheimer's disease
AIDS	acquired immunodeficiency virus
HIV	human immunodeficiency virus
AMI	acute myocardial infarction (severe heart attack)
MI	myocardial infarction (heart attack)
HF	heart failure
ACS	acute coronary syndrome
HT	hypertension (high blood pressure)
DM	diabetes mellitus
AODM	adult diabetes mellitus
IDDM	insulin-dependent diabetes mellitus
NIDDM	noninsulin-dependent diabetes mellitus
PD	Parkinsons disease
Ca	cancer
COAD	chronic obstructive airway disease
COPD	chronic obstructive pulmonary disease
DOE	dyspnea (shortness of breath) on exertion
SOB	shortness of breath
URI	upper respiratory infection
TB	tuberculosis
DVT	deep vein thrombosis (blood clot)
PE	pulmonary embolus
PONV	postoperative nausea and vomiting
PUD	peptic ulcer disease
GERD	gastroesophageal reflux disease
RA	rheumatoid arthritis
OA	osteoarthritis
TIA	transient ischemic attack (stroke)
HA	headache
UTI	urinary tract infection
STD	sexually transmitted disease

DOCTORS' ORDERS	
ASAP	as soon as possible
CPR	cardiopulmonary resuscitation
DNR	do not resuscitate
DC	discharge or discontinue
I/O	intake and output
NAS	no salt added
NPO	nothing by mouth
PO	by mouth
IV	intravenous
SC	subcutaneous
PICC	percutaneous indwelling central catheter
b.i.d.	twice daily
t.i.d.	three times daily
q.i.d.	four times daily
QAM	every morning
QPM	every evening
AC	before meals
PC	after meals
HS	bedtime
NR	no refills on prescriptions
PRN	as required
Rx	prescription
OTC	over-the-counter medication that does not require prescription
Stat	immediately

HOSPITAL LOCATIONS	
CVICU	cardiovascular intensive care unit, B-Level, Heart Tower
CVSU	cardiovascular step down unit, A-Level, Heart Tower
ED	emergency department, C-Level, Heart Tower
L&D	labor and delivery, 9 West
MICU	medical intensive care unit, 7 West
eICU	electronic intensive care unit (remote observation)
OB	obstetrics, 9 South
PACU	post anesthesia care unit, B-Level, Heart Tower
SICU	surgical intensive care unit, B-Level, Heart Tower

PEOPLE	
ARNP	advanced registered nurse practitioner
APN	advanced practice nurse
CNS	clinical nurse specialist
DO	doctor of osteopathy
LPN	licensed practical nurse
MA	medical assistant
MD	doctor of medicine
PA	physician assistant
Rph	registered pharmacist
RN	registered nurse
PCA	patient care assistant
HUC	health unit coordinator
RT	respiratory therapist

Notes

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Notes



MY CARE AT HOME



"A GOOD LAUGH AND A LONG SLEEP ARE THE BEST
CURES IN THE DOCTOR'S BOOK."

- Irish proverb in Healing

MY CARE AT HOME

Date: _____

For a quick reference, you may want to keep all of the paperwork that you receive at discharge in this section.

Checklist:

- New medications list received.
- Prescriptions received.
- Discharge instructions received and reviewed with me.
- Educational handouts received and reviewed with me.

Follow up appointments after my stay:

Discussion Points:

Here are some questions to consider. You may choose to discuss these topics with your doctor or nurse before going home:

- When do I need to call the doctor? What are symptoms that I need to check for and report while I am at home?
- Who do I call, and do I have their phone numbers?
- Do I understand my discharge instructions?
- Do I have any special instructions to care for myself?
- Do I know why I am receiving each of my medications?
- Are my new medications safe to take with other medications I am currently taking?
Are there any food restrictions for my new medications?

After My Hospital Stay . . .

MY DOCTOR VISITS:

Doctor Date	Reason for visit	Questions / Answers / Notes
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	



Doctor Date	Reason for visit	Questions / Answers / Notes
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	
	<input type="checkbox"/> Follow-up <input type="checkbox"/> Treatment <input type="checkbox"/> Other:	



Notes

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MY THOUGHTS



"THERE IS NO MEDICINE LIKE HOPE, NO INCENTIVE SO GREAT, AND NO TONIC SO POWERFUL AS EXPECTATION OF SOMETHING TOMORROW."

- ORISON SWETT MARDEN

MY THOUGHTS

Journaling is a way of discovering inner feelings, thoughts, aspirations and goals. It helps you to uncover vulnerabilities and fears. It guides us to find our inner strength. We hope this journal inspires self-reflection and encourages you to begin your self-discovery journey.

Why should I keep a journal?

Keeping a journal is a good way to capture your thoughts, and hopes as you move through your healing journey. These pages provide space to capture that information. Journaling helps you reflect on your experiences create a lasting memory. Often, patients say they recall little of their experience while in the hospital. Many wish they had written down their thoughts and feelings so they could remember later.

How should I use this journal?

These pages are for your personal use and are considered confidential. You may or may not choose to share some of your thoughts with others. It may provide useful reflections upon your return to health and home. You may even want to continue this journaling process, and add pages to this section.

- Be creative! Express your feelings and thoughts in words, stories, symbols, pictures or poems.
- Write down your dreams, a good joke or doodle a picture
- Write a letter to yourself describing your experience.
- Use the journal whenever it strikes you as being useful to capture your feelings and thoughts on paper.
- Use this journal to help you remember a conversation or discussion.

Journaling is private. You are encouraged to focus inward. Try not to censor, edit or judge the content. The same would be true for others you invite to use the journal.

Why are Journals helpful to family members and loved ones?

Journals may also provide a way for family members and loved ones to leave messages for each other. This can include what happened that day in the hospital or at home, or questions to ask your doctors or other healthcare providers about your treatment, care or illness.

Family can also use the journal to simply to write you a note of encouragement or send a message of caring and concern. Often, family members visit at different times of the day. The journal can help families and loved ones improve and ensure good communication.

When is a good time to use these Journal pages?

When you are able, make daily entries. Use the Journal at times that you have to yourself. Capture a thought as it occurs. The same is true for family members or friends who may have something to share with you or with each other.



A CANDLE LOSES
NOTHING OF ITS
LIGHT BY LIGHTING
OTHERS.

— Anonymous

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