



Your Health Care Diary

Date started:.....

Date completed:.....

Between now and your next ECST-2 appointment, we would like you to keep a record of your:

1. blood pressure readings
2. cholesterol blood test results
3. hospital appointments
4. visits connected to your GP surgery
5. appointments with other health services
6. time off work
7. medications

If you have any questions about this diary, please contact your local ECST-2 team who will be happy to help:

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PLEASE BRING THIS DIARY TO YOUR NEXT ECST-2 APPOINTMENT

1. Blood Pressure Readings

In the table below you will see the targets we want to achieve for your blood pressure (BP) readings when you are at home or at hospital/clinic.

	Systolic BP mmHg (top figure)	Diastolic BP mmHg (bottom figure)
Target BP at hospital/clinic		
Target BP at home		

Please record below your BP readings between ECST-2 appointments.

Date your BP was measured	Where your BP was measured (please write home/hospital/GP surgery)	Systolic BP mmHg (top figure)	Diastolic BP mmHg (bottom figure)

If your average BP is higher than the targets set above, please ask your GP to adjust either the dose or type of BP medication you are taking.

2. Cholesterol Blood Test Results

In the table below you will see the target we want to achieve for your cholesterol.

	Total cholesterol (mmol/L)	LDL cholesterol (mmol/L)
Target cholesterol		

Please record below your cholesterol results between ECST-2 appointments.

Date your cholesterol was measured	Total cholesterol (mmol/L)	LDL cholesterol (mmol/L)

If either your total cholesterol or your LDL cholesterol are higher than the target set above, please ask your GP to adjust either the dose or type of cholesterol medication you are taking.

3. Hospital Appointments

Since your last ECST-2 appointment:

1. How many times have you attended the accident and emergency department (casualty)?	
2. How many nights have you been an inpatient in hospital?	
3. How many times have you been admitted to a hospital ward, without staying overnight?	
4. How many appointments in total have you attended with a doctor in a hospital or clinic? (don't include appointments with therapists)	

4. Visits connected to your GP Surgery

Since your last ECST-2 appointment:

1. How many times have you seen a doctor at your GP Surgery?	
2. How many times have you had a telephone consultation with a GP?	
3. How many times have you seen a nurse at your GP Surgery?	
4. How many times has a nurse visited you at home?	

5. Appointments with other health services

Since your last ECST-2 appointment:

1. How many times have you phoned 111 (NHS Direct)?	
2. How many times have you seen an NHS physiotherapist?	
3. How many times have you seen an NHS occupational therapist?	
4. How many times have you seen an NHS speech and language therapist?	
5. How many times have you had appointments with other health service providers? Please give details:.....	

6. Time off work

1. Are you retired?	YES/NO
2. Since your last ECST-2 appointment, how many days have relatives or friends taken off work to help you?	
3. If you work, since your last ECST-2 appointment, how many days have you taken off work because of sickness or to attend medical appointments?	

7. Medications

Please list all the medications you have taken since your last ECST-2 appointment, including the dates when medication has started or stopped or when the dose has changed:

	Name of medication	Dose	Times taken per day	Date started	Date stopped
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Is there anything else you want to tell us about your medications?
