



# My Patient Journey

**Please bring this with you to each appointment**

This guide is currently being tested as to whether it would be of benefit to NHS Western Isles patients, their families and carers.

All comments/feedback you provide are important and will help us to identify whether this resource will continue to be used and, if so, what additions/amendments should be made.

Comments/Feedback for this guide should be sent to:

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**We understand how difficult it can be to understand and process all the information you may receive at your clinical appointments.**

**The following sheets are your personal guide to help you record the information you receive at each of your clinical appointments. Further individual sheets are also available to download at: [www.wihb.scot.nhs.uk/my-patient-journey](http://www.wihb.scot.nhs.uk/my-patient-journey)**

The following sections are enclosed to help you record information given to you, or that you may be asked, during your clinical appointments:

- your personal details
- your medical details
- any prescriptions or medications you are currently taking (if requested, your GP may be able to provide you with a printout of your medications)
- future appointment details
- contact names and numbers.

It is important to note that during your appointment, you will be discussing your illness and treatment options, so may not be able to fully comprehend or remember to write down all the information you receive.

You may find it invaluable to have a friend or family member with you so that they can help support you and write down the information you receive on your behalf.

**At any time if you require assistance, or have any questions, please do not hesitate to ask.**

# MY DETAILS

Name: .....

Address: .....

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Date of Birth: .....

## LOCAL INFORMATION

GP: .....

GP Practice: .....

Tel. No. ....

Local Consultant: .....

Specialist Nurse: .....

Hospital Tel. No. ....

## MAINLAND INFORMATION

Hospital: .....

Mainland Consultant: .....

Hospital Tel. No. ....

# USEFUL CONTACTS

*Specialist Nurse:* .....

*Tel. No.* .....

*Benefits Advisor:* .....

*Tel. No.* .....

*Tighean Innse Gall:* .....

*Dept. Work & Pensions:* .....

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# MEDICATION INFORMATION

Name: ..... Amount/Mg: .....

No. taken each day: .....

When taken each day: .....

Taken for: .....

Name: ..... Amount/Mg: .....

No. taken each day: .....

When taken each day: .....

Taken for: .....

Name: ..... Amount/Mg: .....

No. taken each day: .....

When taken each day: .....

Taken for: .....



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Name: ..... Amount/Mg: .....

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Taken for: .....

Name: ..... Amount/Mg: .....

No. taken each day: .....

When taken each day: .....

Taken for: .....

Name: ..... Amount/Mg: .....

No. taken each day: .....

When taken each day: .....

Taken for: .....

*Date: ..... Meeting with: .....*

*At this appointment it was explained to me that ...*

*Date: ..... Meeting with: .....*

*At this appointment it was explained to me that ...*

Date: ..... Meeting with: .....

*At this appointment it was explained to me that ...*

Date: ..... Meeting with: .....

*At this appointment it was explained to me that ...*

*Date:* ..... *Meeting with:* .....

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*Date: ..... Meeting with: .....*

*At this appointment it was explained to me that ...*

# Notes

## **We are listening - how did we do?**

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website: [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or 0800 122 31 35
- Tel. 01851 704704 (ext 2408) on a Tuesday and Friday afternoon between 1pm and 4pm.

Produced by: Patient & Health Information Group, NHS Western Isles. (Draft)

### **Disclaimer**

The content of this factsheet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.