

Intermountain Healthcare’s “Partners in Healing” Caregiver Care Diary

Instructions: Charge nurse reviews teaching points with caregiver. Caregiver determines which activities they are comfortable performing. Charge nurse checks off chosen activities on the checklist below. Charge nurse walks caregiver through how often to perform each activity and how to record each activity in the table below. Caregiver will fill out a new table daily. Charge nurse checks accuracy of information. CNA documents care activities in EMR daily.

Checklist After Surgery

- Deep breathe with Incentive Spirometer every 2 hours while awake
- Cough with heart pillow every 2 hours/as needed
- Get up to chair for meals 3 times a day (call for help as needed)
- Walk in the hall (Cardiac Rehab will contact you)
- Dietary needs (clarify daily dietary restrictions with nurse and assist as needed)
- Change and wash TED hose daily
- Place compression boots while in bed (if no TEDs)
- Get warm blankets as needed
- Empty urine and write amount (in mL), color (yellow or amber), and character (clear or cloudy)
- Wear gloves as needed
- Understand fall risk prevention
- Before and after all activity, call for help with all equipment (chest tube, IV pole, catheter, oxygen, etc.)

Date: _____

Time	Incentive Spirometer	Chair for Meals	Walk in Hall	Fluids In 30 mL=1 ounce	Urine (amount, color, character)	TED/ Comp. Boots
8 AM						
9 AM						
10 AM						
11 AM						
12 PM						
1 PM						
2 PM						
3 PM						
4 PM						
5 PM						
6 PM						
7 PM						
8 PM						
9 PM						
10 PM						

Source: Intermountain Healthcare, Salt Lake City, UT;; featured in [Achieving Care Continuity](#) from Advisory Board’s Nursing Executive Center.