

The Amputee Diary



Making a real
difference together



Limbs 4 Life
Empowering Amputees

We empower amputees with knowledge and support to make a real difference, **because no one should have to go through limb loss alone.**

Limbs 4 Life would like to thank our valued donors for assisting with the cost of this publication.



Limbs 4 Life Incorporated is a non-profit organisation and a registered charity.

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Introduction

Learning that you are facing an amputation can be a frightening prospect. Coming to terms with the idea of surgery and limb loss is not always easy and can lead to many questions. For many people being in hospital can be a stressful time for you and your family.

This diary has been developed to help you to record some of the questions you may have, the names of your healthcare providers and the achievements and goals that you want to achieve along the pathway to your recovery.

Hospitals are usually very busy places. Healthcare staff come into, and out of, your room on a regular basis. Sometimes it can be difficult to remember the staff who are looking after you and the questions that you would like to ask. Questions may come to your mind when things are quiet. For example you may think of a question or something you want to discuss during the night and/or when your regular healthcare team is not working. It can be difficult to remember all the things that may be concerning you, which is something that many people experience.

For those reasons Limbs 4 Life has developed the Amputee Diary. You can use this diary to:

- write down the names of the individual healthcare staff involved in your care (in hospital and rehabilitation);
- record the questions you might be thinking of when staff are not available; and,
- write down your goals or things that you would like to do.



Limbs 4 Life is the peak body for amputees in Australia and works to provide information and support to people in the community living with and/or facing amputation. Limbs 4 Life supports amputees by providing access to information and services such as:

- A Practical Guide for Amputees Handbook
- Amplified Magazine
- Information Fact Sheets
- Amputee Health Sheets
- Peer Support visits from other amputees.

All of Limbs 4 Life's resources are free. You can subscribe to receive free updates from Limbs 4 Life by visiting our website.

The magazines and resources listed above can be downloaded from our website at www.limbs4life.org.au or you can request hard copies by contacting Limbs 4 Life.

Limbs 4 Life provides access to Peer Support for people in the community prior to, or following amputation surgery. Speaking to another amputee is an important part of the recovery process. Peer Support Volunteers are amputees like you, people who have experienced and lived with limb loss for a number of years. Peer Support Volunteers have successfully adapted to their amputation, regained their mobility, re-joined their community and live independently.

There are a number of ways that you can access Peer Support through Limbs 4 Life:

- Face to face support - will enable you to meet with an amputee peer volunteer
- Phone support - speak to a Peer Support Volunteer over the phone (available to anyone at any time)
- Virtual support - is for people with internet access, where you can register to join our online support group and post your questions and comments.

How to use this diary

It can sometimes be overwhelming dealing with surgery, and all of the new information given to you following an amputation.

The Amputee Diary is a useful tool that can help you and your family record and keep track of important details. The Amputee Diary can also be used by your healthcare providers to record information relevant to you.

The Amputee Diary can help to empower you to be more involved with your own healthcare and progress. It can also help family members and caregivers know when there are issues that need to be addressed.

Use the Amputee Diary to: record the names of the people caring for you;

- the questions that you wish to ask them;
- any concerns that you may have regarding your treatment or care; and,
- any other matters you would like to discuss.

The Amputee Diary can help you to work towards goals and health practices that can lead to positive outcomes.



My healthcare providers are:

During the course of your hospital stay, there will be a number of different people involved in your care. A list of healthcare providers is listed below. You can simply add their name and any contact numbers to help you to remember who the members of your care team are.

Healthcare Team	Hospital	Rehabilitation
My surgeon/doctor is:		
My nurse/s are:		
My prosthetist is:		
My occupational therapist is:		
My physiotherapist is:		
My social worker is:		
My podiatrist is:		
My dietitian is:		

The questions I want to ask are:

	Question
1	
2	
3	
4	
5	
6	
7	
8	

1

2

3

4

5

6

7

8

Answers/notes

My goals are:

Your goals may be short or long-term ones. Identifying the goals you want to work towards can help you to take control, keep motivated and set realistic future plans. Your healthcare team may also ask you to set goals in the future and provide you guidance when setting them. *For example: I would like to be able to transfer safely by the end of the week.*

	Goals and how I plan to achieve these	By when
1		
2		
3		
4		
5		

6

7

8

9

10

Goals and how I plan to achieve these	By when

My achievements are:

Writing down your achievements, no matter how small you think they are, will help you to see your progress. It can also help you to stay motivated and working towards achieving your goals. *For example: today I went out on day leave with my family.*

	Achievements	Comment
1		
2		
3		
4		
5		

	Achievements	Comment
6		
7		
8		
9		
10		

Preparing to leave hospital or rehabilitation:

Write down the things that you need to think about when preparing to leave hospital or rehabilitation. You may find it useful to sit down with a support person or a member of your healthcare team when filling this out. Some examples of what you may need to consider: *follow up therapy sessions and appointments, when to do your home exercise program or appointments with doctors.*

1

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2

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3

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4

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5

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6

7

8

9

10

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