

Dear patient,

You will have just received a small journal called the Patient Held Record (Te Rarangi Hauora).

This handy booklet is for you to keep and use as an aid to understanding and keeping up to date with your tests and treatment, and the services provided by the Wellington Blood and Cancer Centre.

This booklet does not replace your official health records held by your GP and your hospital-based specialists. Rather it is a place where you can keep your own record of your journey through treatment.

The journal provides:

- Information about the Wellington Blood & Cancer Centre services;
- Information about common tests and treatments (e.g. chemotherapy, radiation therapy)
- Space for writing the names of medications and appointments times;
- Blank space for you to write down how you are feeling, any side effects you experience during treatment and any questions you have for clinical staff that you don't want to forget;
- Contact details for cancer services and support organisations.

The journal has space for anyone involved in your care, including your GP and those in hospital-based clinical teams, to make notes for you. Members of your family/whanau and any of your other care givers may also like to use the journal.

While it is up to you whether you wish to make use of the journal, we encourage you to use it as an additional aid to your care and as a source of further support. We hope this can help to reduce fears you may have and enable you to retain some control over your life.

We would appreciate any feedback from you and/or your family/whanau on how useful you have found the journal and any changes you think could make it better. A feedback form is provided with every copy of the journal. All forms can be returned to Paul Smith, Wellington Blood & Cancer Centre: Paul.Smith@ccdhb.org.nz or fax (04) 385 5984, or phone Paul on (04) 806-2065.

If you have any questions about this journal or anything relating to your care, please do not hesitate to contact a member of your health care team.

The Patient Held Record (Te Rarangi Hauora) is proudly produced by Capital & Coast District Health Board in association with the Cancer Society (Wellington Division) and with the assistance of the Wellington Hospitals & Health Foundation.