

North Queensland

# Kidney Transplant Service

## Journey to Healing Patient Journal

This journal belongs to:



The **North Queensland Kidney Transplant Service**  
acknowledges the Traditional Custodians of the lands,  
waters, and seas on which our health facilities are placed.

We pay our respects to Elders past present and  
recognise the role of the current and emerging  
leaders in shaping a better health system.



This diary is here to help you look after yourself after your kidney transplant.

**Each day, you can write down important things like:**

- How much you drink and pee
- Your blood sugar levels
- The medicines you take.

There's also space for you to write about how you're feeling. You can use it to think about your day, jot down your thoughts, or just take a moment for yourself.

It has helpful info to get you ready for life after your time in hospital.

Keeping track of these things will help you stay healthy and make it easier to talk to your doctors and nurses.

This is your journal. Use it every day to help you heal and stay on track with your journey.

**This journal belongs to:**

---

**If found, please return to:**

---

---

**Phone number:**

---

## About Me

**Name:**

**Phone number:**

---

---

**Do you need an interpreter?**

---

**Emergency contacts name and number:**

---

**Concession details (e.g. pensioner, veteran):**

---

**Health Insurance information:**

---

**Do you have any allergies or conditions people should know about  
e.g. egg allergy, pacemaker, diabetes, epilepsy?**

---

**Is there any important equipment you need e.g. reading glasses,  
hearing aid, walking frame, communication aid?**

---

**Do you have any children, pets or other that will need to be taken  
care of while you are receiving treatment?**

**Please provide details and instructions:**

---

---

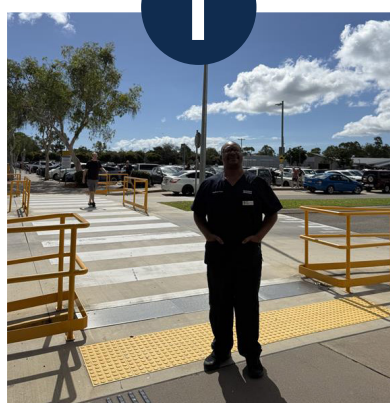


## Contact Details

[illegible]

# Getting to Your Hospital Clinic

1



Arrive at the Townsville University Hospital and park in the Main Carpark

2



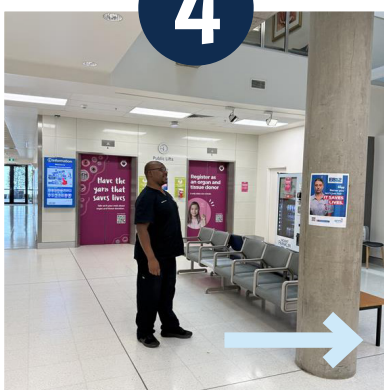
Walk towards the Main Entrance

3



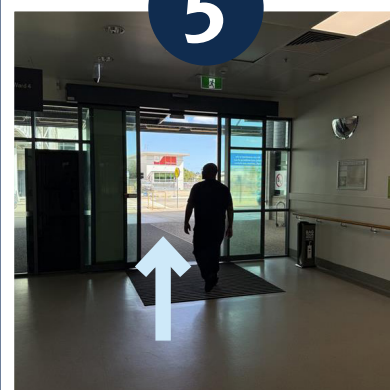
Walk through the Main Entrance, past the front desk and Central Admissions

4



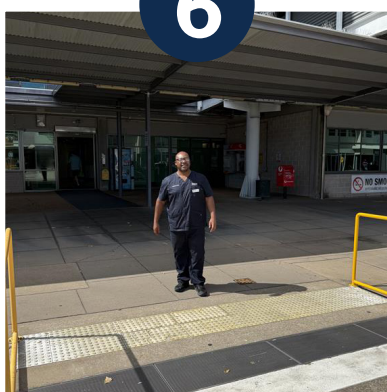
Walk down the entrance hall and take your first right

5



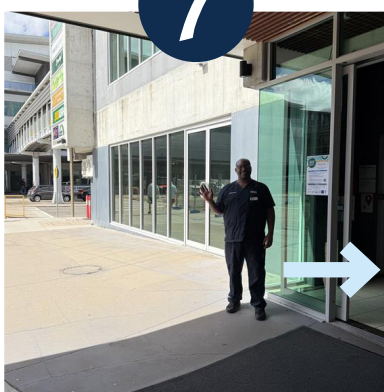
Walk towards the exit doors exiting to Medilink

6



Walk across the zebra crossing

7



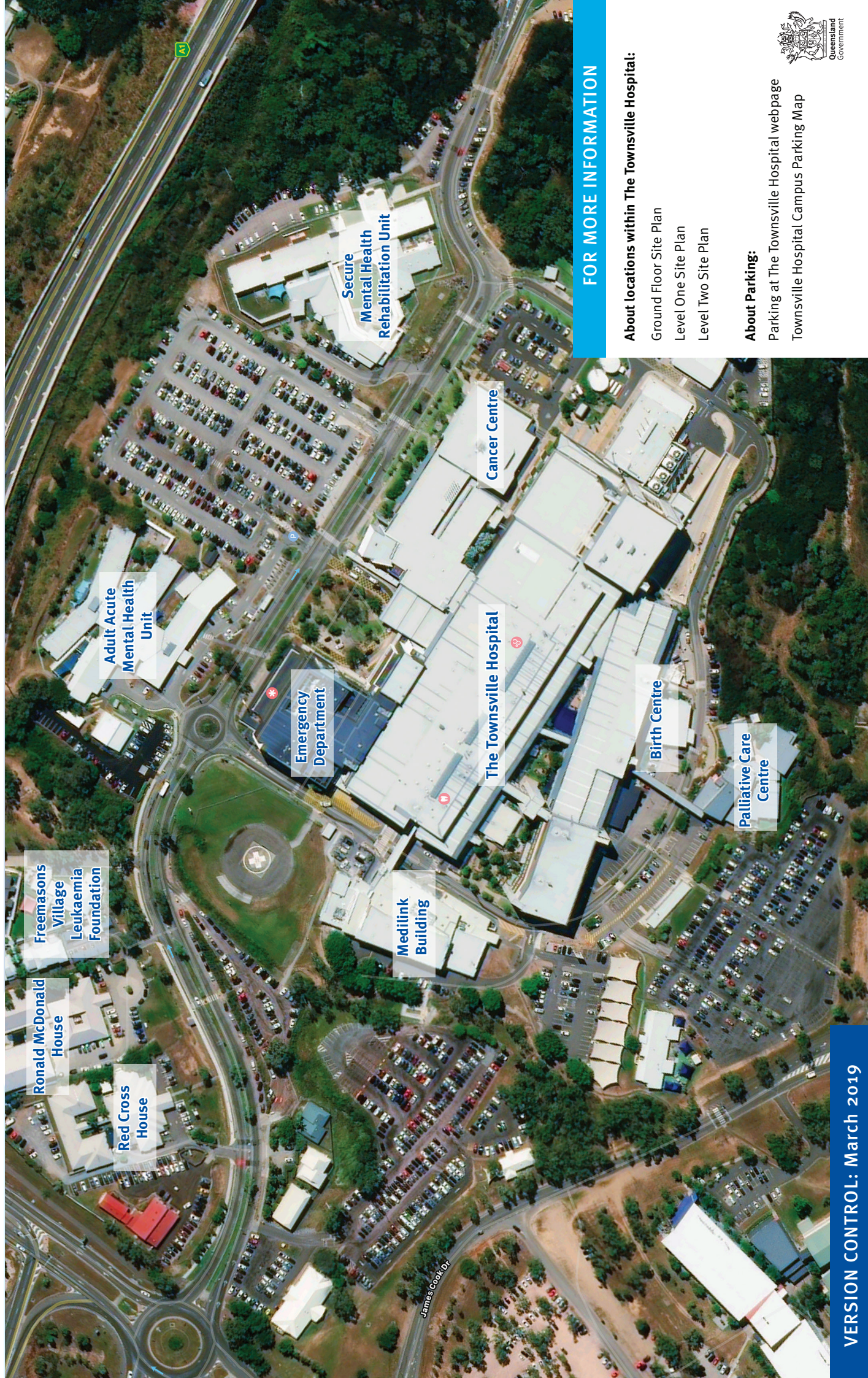
Enter the Medilink building

8



Find the North Queensland Kidney Transplant Service on your left, just inside the door!





## FOR MORE INFORMATION

### About locations within The Townsville Hospital:

- Ground Floor Site Plan
- Level One Site Plan
- Level Two Site Plan

### About Parking:

- Parking at The Townsville Hospital web page
- Townsville Hospital Campus Parking Map



# My Appointment Log

Date and time	Who with?	Notes

Date and time	Who with?	Notes

# My Appointment Log

Date and time	Who with?	Notes

Date and time	Who with?	Notes

# Clinics

Once you have discharged from hospital, the NQKTS team will see you in clinics. Everyone's recovery after the transplant surgery is different

This is a guide of how frequently we will see you in clinics however it can change depending on your clinical condition.

<b>Every day</b>	<b>2 weeks</b>
<b>Second daily</b>	<b>4 weeks</b>

**Clinics each day will run according to this schedule:**

<b>7AM</b>	Blood test at pathology OR in dialysis clinics on weekends Urine test on Wednesday
<b>8AM - 9AM</b>	Complete vital signs and weight See transplant nurse
<b>9AM - 10AM</b>	See nephrologist Allied health review if required
<b>11AM</b>	Return home
<b>AFTERNOON</b>	NQKTS phone call – Tacrolimus level

**The team will let you know if you need any additional treatments or testing done on the day.**



# What to bring to clinics each day



**NQKTS  
Backpack**



**Water bottle**



**Snacks**



**Patient  
Journal**



**Dossett box  
with all  
medications**

# Transplant Surgery Education

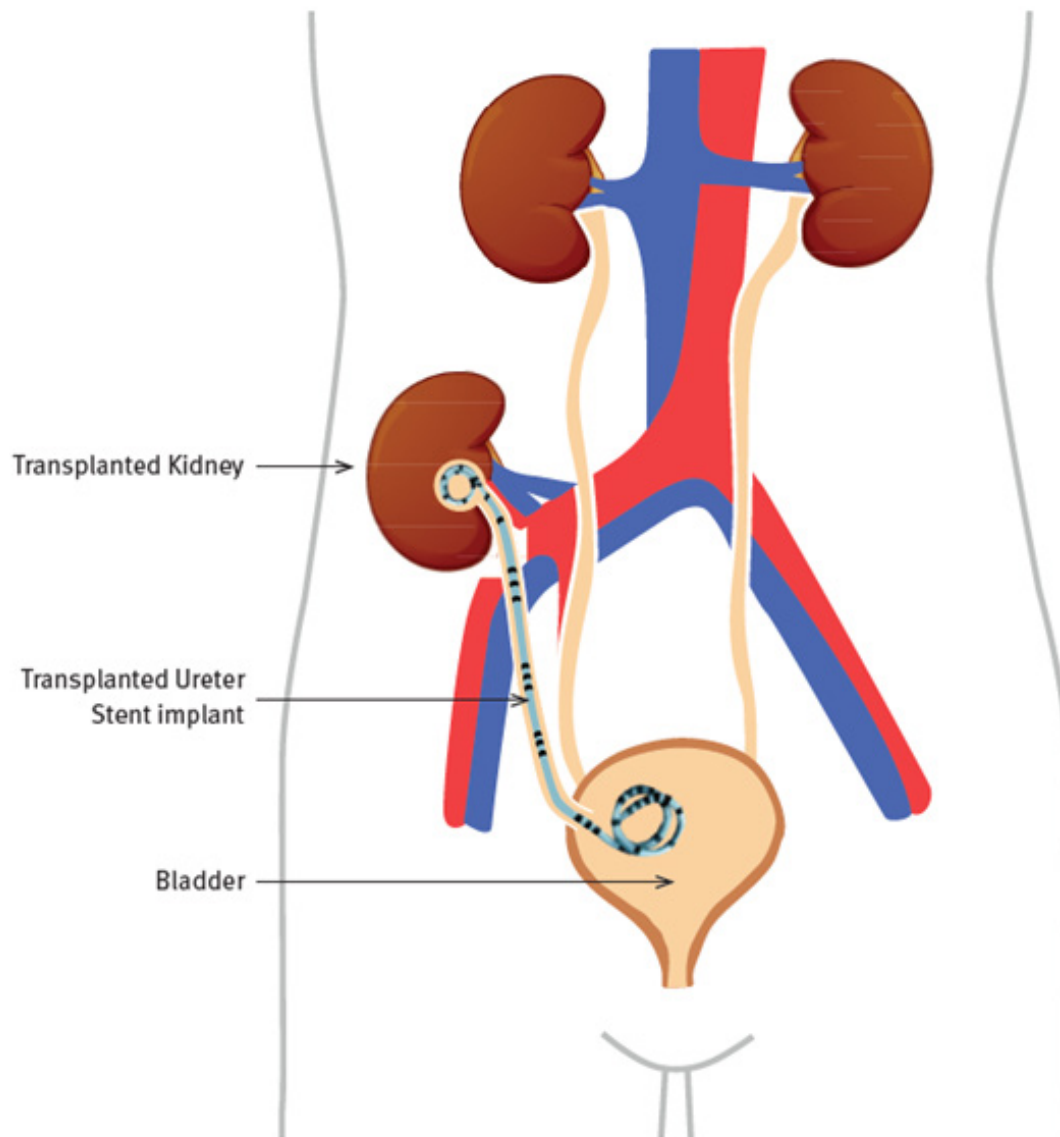
## Stent removal

At the time of your transplant a stent, a small, plastic tube is placed in the ureter between the bladder and the new kidney. This is usually removed between 3 to 4 weeks following the transplant.

### Removal:

A minor procedure called a cystoscopy will be done to remove the ureteric stent. This is a minor procedure and takes 5 to 10 minutes.

This will happen 2-4 weeks post transplant.









## Wound Care

The NQKTS team will assess your surgical wound in clinics each day, here are some tips to care for your wound at home.

### Caring for your wound at home

---

-  **Shower every day**
-  **Gently wash your wounds with soap and water**
-  **Rinse well and gently pat dry**
-  **Look at your wounds each day**
-  **Let the nurse know if you are worried about redness, ooze, fever or tenderness**
-  **Only cover your wound with dressings if the nurses have told you to do so**

# How to Keep My New Kidney Happy and Healthy



**Eat Healthy**



**Come to your appointments**



**Exercise**



**Take your medicines**



**See your doctor  
regularly**



**Continue not  
smoking**



**Drink plenty  
of water**



**Let the transplant team  
know if you are unwell**








# North Queensland Kidney Transplant Service



Patient Information

## Your Kidney Transplant Medications

How Your Transplant Medicines Work to Protect Your New Kidney


Prevent kidney transplant rejection	
Tacrolimus	Tacrograf
0.5 MG	
1 MG	
5 MG	


Prevent kidney transplant rejection	
Mycophenolate Mofetil	Pharmacor
250 MG	
500 MG	


Prevent kidney transplant rejection	
Mycophenolate Sodium	Myfortic
180 MG	
360 MG	


Prevent kidney transplant rejection	
Prednisolone	Panafcortelone
5 MG	


Prevent bacterial infection (PJP)	
Trimethoprim/Sulfamethoxazole	Resprim Forte
160 MG / 800 MG	


Prevent viral infection	
Valganciclovir	Valganciclovir Sandoz
450 MG	


Prevent fungal infection	
Amphotericin	Fungilin
10 MG	

Prevent blood clots	
Aspirin	Mayne Pharma
100 MG	

Iron supplement	
Ferrous Sulphate	Ferro-Grad
325 MG	

Protect bones	
Cholecalciferol	Vita-D
25 MCG	

Treat reflux / protect stomach	
Pantoprazole	Pantoprazole Sandoz
40 MG	

Treat reflux / protect stomach	
Famotidine	Ausfam
20 MG	

### Vaccinations

Yearly influenza vaccine is recommended for all transplant patients (including 2 in the first year after transplant).  
ATAGI suggests a total of 5 COVID-19 vaccinations for transplant patients. See your GP for pneumococcal vaccination.



© The State of Queensland (Transplant Service Princess Alexandra Hospital) and Health Services 2025. Review date: May 2028  
#TUHP1549

This resource was adapted from a Queensland Kidney Transplant Service Princess Alexandra Hospital and Health Services 2025. Review date: May 2028  
#TUHP1549



Standard 2  
Partnering with Consumers

# Signs and symptoms to report

If you experience any of these symptoms, let the nurses know as soon as possible. **If your symptoms are serious and you need urgent care - present to the Townsville University Hospital Emergency Department.**

## Signs and symptoms to look out for:

---

- Generally feeling unwell
- Temperatures
- Cold sores or ulcers
- Headaches
- Cloudy or blood stained urine
- Wound red, inflamed, oozy or swollen
- Increased pain
- Nausea, vomiting or diarrhoea
- Visual disturbances
- Cough
- Inflamed cuts or abrasions
- Burning or stinging when you urinate
- Fistula or Tenckhoff problems

# Fluid Log



**Keep track of how much you drink and how much you pee.**

**This helps your doctors see how well your new kidney is working.**



**The doctor will ask you to drink a certain amount of fluid each day.**

**This is to keep your new kidney happy and hydrated.**



**What counts as fluid?**

**Anything that is liquid at room temperature, like jelly counts as fluid.**



**This table shows how many mls are in these drinks, so you can easily track your fluid intake.**

<b>Fluid</b>	<b>Serving</b>	<b>Mls in each serving</b>
<b>Milk</b>	Small milk bottle served at TUH Small glass Large glass	150mls 250ml 400ml
<b>Fruit juice</b>	Cup served at TUH Popper Bottle	110ml 250ml 600ml
<b>Soft drink</b>	Can of soft drink Small bottle Regular bottle	375ml 390ml 600ml
<b>Breaka (Chocolate, Coffee, Strawberry milk)</b>	Popper Small carton Large carton	250ml 300ml 400ml
<b>Tea or coffee</b>	Black disposable cup	200ml
<b>Ice cubes</b>	6 regular ice cubes	180ml
<b>Resource drinks</b>	1 bottle	237ml

# Blood Sugar Log Tips



**Diabetes might have been apart of your life before getting a transplant.**

**For some, it can come on after the transplant because of the medicines you need to take. This is called “new” diabetes.**



**Keep track of your blood sugar every day.**

**Writing it down helps your doctors understand how your body is coping and whether any changes are needed.**



**Check your blood sugar before each meal and before bed.**

**If you're not sure how to do this, your diabetes nurse is there to help you learn.**

**Writing it down keeps you safe and healthy.**

# Understanding Your Blood Sugar

Written below is your blood sugar ranges. We want to try and keep in you the green zone.

**Make sure you let the transplant team know when your sugars are outside of the green zone and in the red zone or you experience any symptoms. Very high or very low blood sugar levels can cause serious health problems.**

**Good Blood Sugar**

**4.0 – 7.8**

**High Blood Sugar**

**ABOVE  
8**

**Low Blood Sugar**

**UNDER  
4.0**



# How to Use my Health Tracker

Start a new page for each day

Today's date is: 02/09/2025

Write down your next 2 Tacrolimus doses after the team call you

If we have asked you to check your blood sugar, write the result in here

Note any changes to how your feeling, side effects from medication or things you'd like to speak to the medical team about

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning	250ml 100ml	600ml	3mg	✓	11.2		Did not sleep well last night
Before Lunch	350ml	450ml			10.1		
After Lunch	400ml						
Evening	250ml 250ml	500ml	2mg	✓	7.8		Ankles feel more swollen this evening
Before Bed	400ml	800ml		✓	10.5		

Tick the box when you've taken your tablets – this will help keep track and prevent missing a dose

If you are needing insulin, write down the amount your taking here – leave it blank if this does not apply to you

## How are you feeling today?



Excellent



Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



Excellent



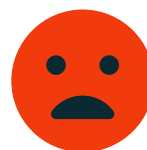
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



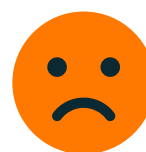
**Excellent**



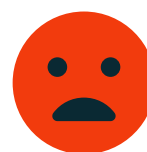
**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



Excellent



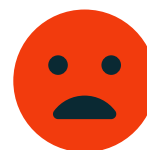
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



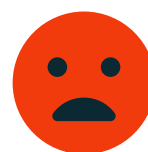
**Good**



**Medium**



**Poor**



**Very Bad**



Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



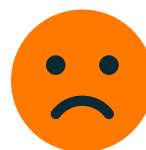
Excellent



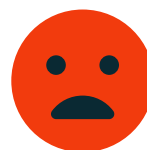
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



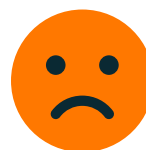
Excellent



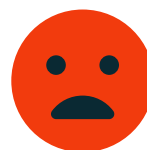
Good



Medium



Poor



Very Bad

# Wellbeing Tips



## Eat healthy food

Eating good food for the mind, body and spirit



## Drink plenty of water

Keeps your new kidney strong



## Spend time with family and friends



## Get some fresh air and gentle exercise

This can help with stress



## Do something enjoyable

Like a hobby or something that is relaxing



## Be kind to others

Can boost own wellbeing and reduce stress



## Take a break

Sometimes time alone can help to reset



## Connection to culture, spirit, and religion

## Find-a-word

L	A	U	G	H	S	L	M	I	N	P	A	M	H
P	S	L	O	A	C	E	A	U	L	B	R	I	T
S	L	Q	A	G	N	O	S	A	C	A	T	N	E
D	A	O	L	R	M	W	N	Z	S	P	I	D	E
T	O	E	S	A	D	A	M	N	F	U	C	F	S
K	G	A	N	T	G	A	R	O	E	H	A	U	T
P	Y	S	P	I	R	I	T	T	O	C	R	L	R
E	S	T	A	R	J	U	M	I	K	E	T	L	O
M	E	D	U	T	I	T	A	R	G	H	O	P	N
Q	V	N	Z	V	A	N	R	W	A	T	U	O	G
L	U	T	T	X	O	S	T	E	R	A	W	M	P
P	C	S	C	A	K	I	N	D	N	E	S	S	K
M	E	N	M	I	N	B	Z	Y	J	R	P	N	M
R	S	P	I	N	E	S	L	A	N	B	G	O	A

**Laugh**

**Goals**

**Spirit**

**Strong**

**Rest**

**Breathe**

**Connect**

**Gratitude**

**Goals**

**Plan**

**Mindful**

**Kindness**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



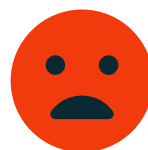
**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



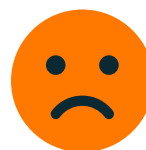
**Excellent**



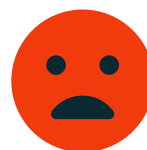
**Good**



**Medium**



**Poor**



**Very Bad**

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



Good



Medium



Poor



Very Bad



Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



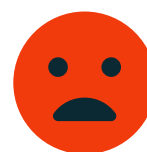
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



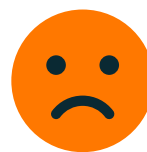
**Excellent**



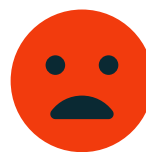
**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



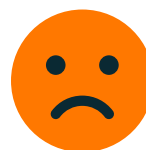
Excellent



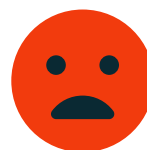
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



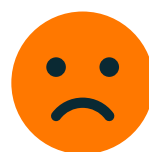
Excellent



Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



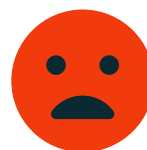
Good



Medium



Poor



Very Bad



## Box Breathing

Slow breathing like box breathing has many benefits.

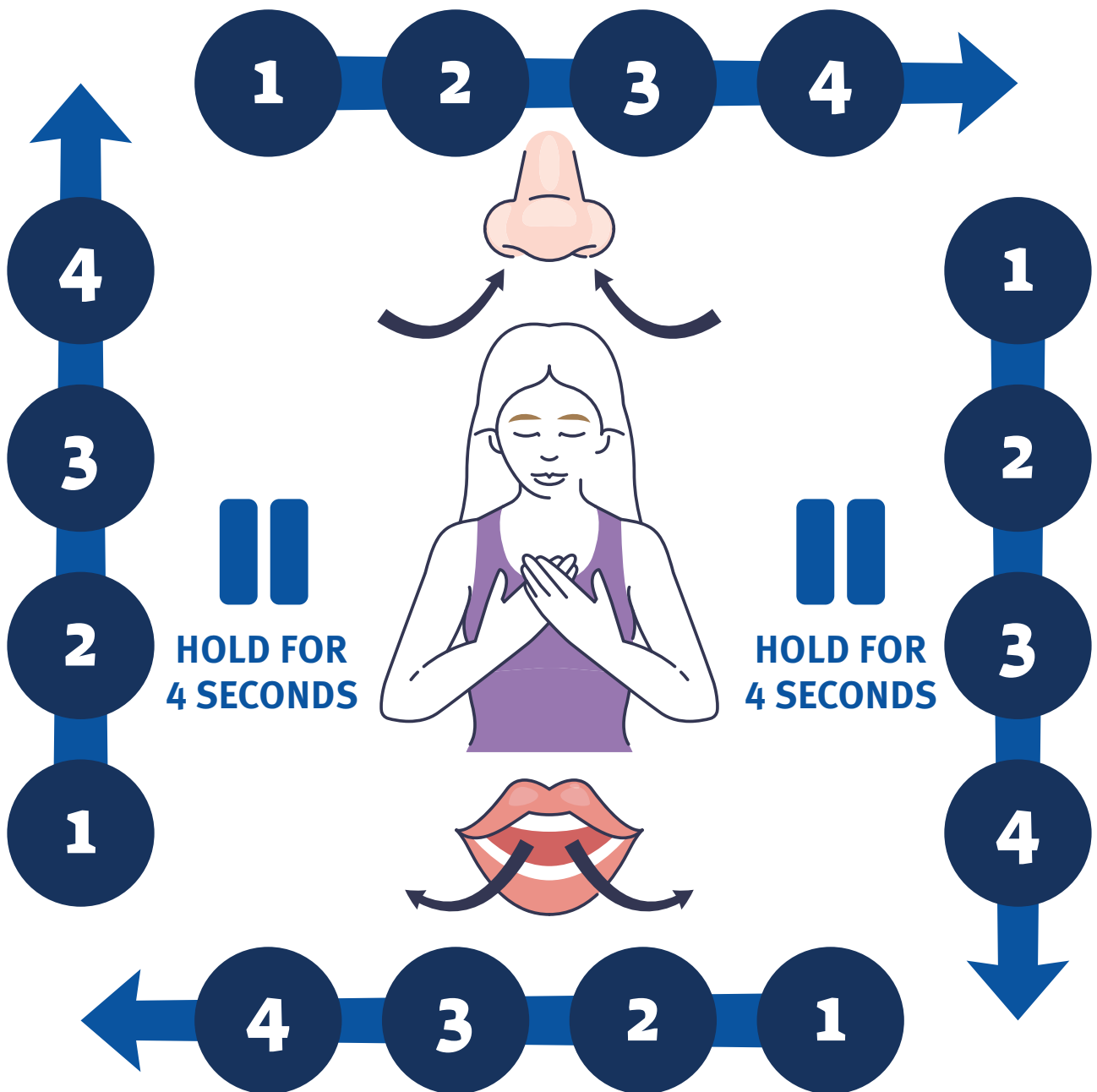
### It can:

- Reduce stress and worry
- Improve sleep.
- Improve focus and concentration.
- Good for kidney health! Lowers heart rate and blood pressure.

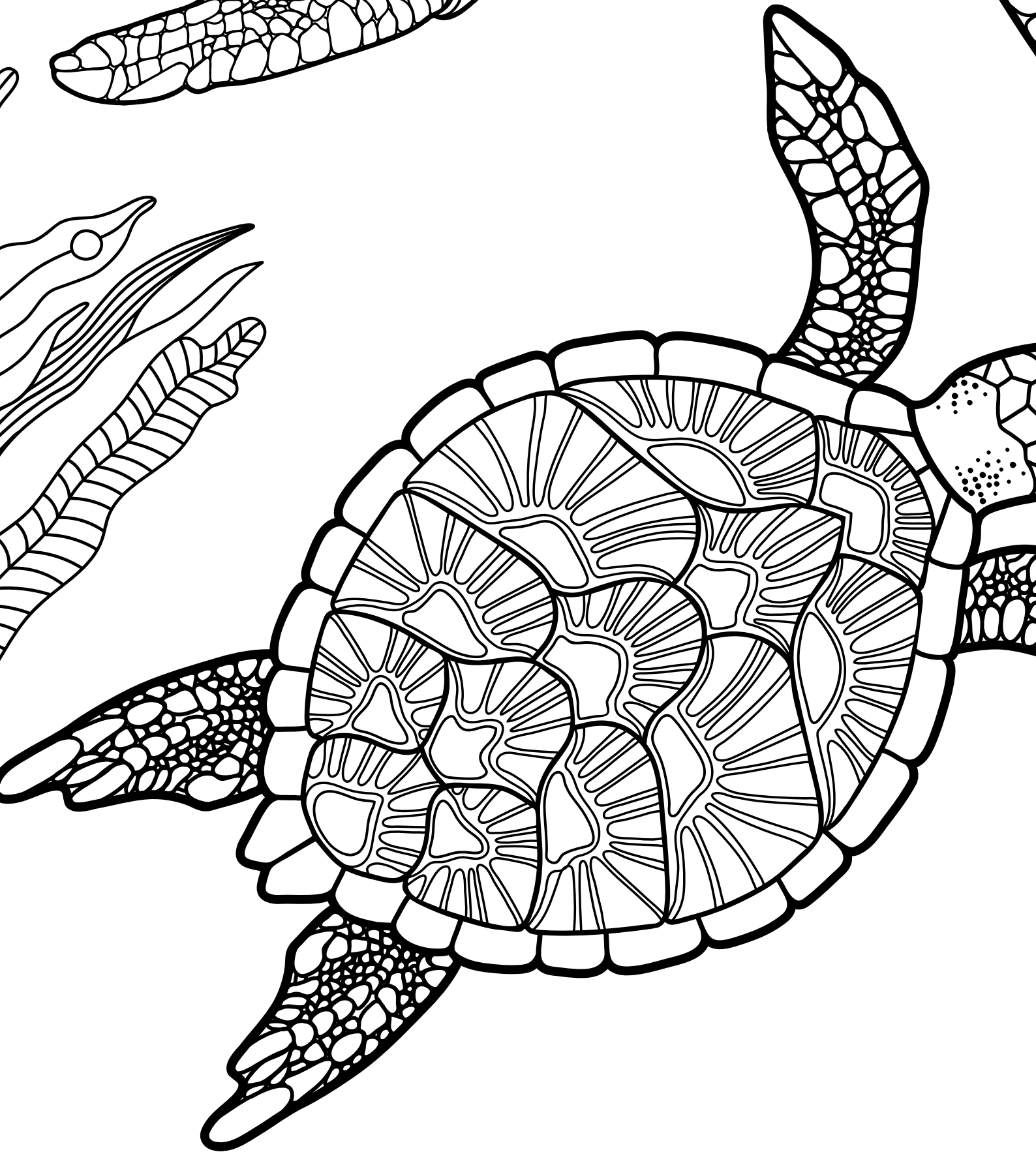
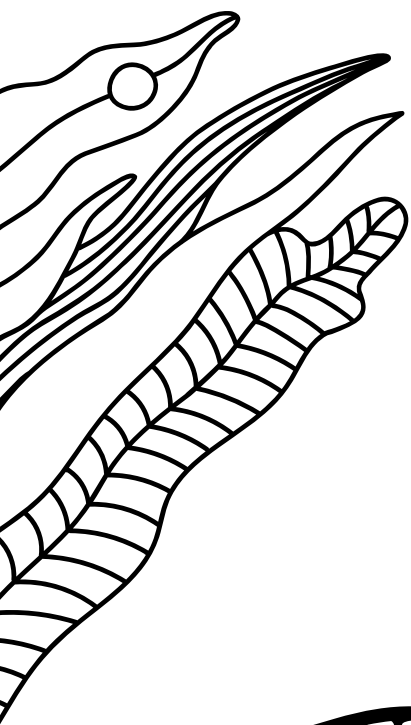
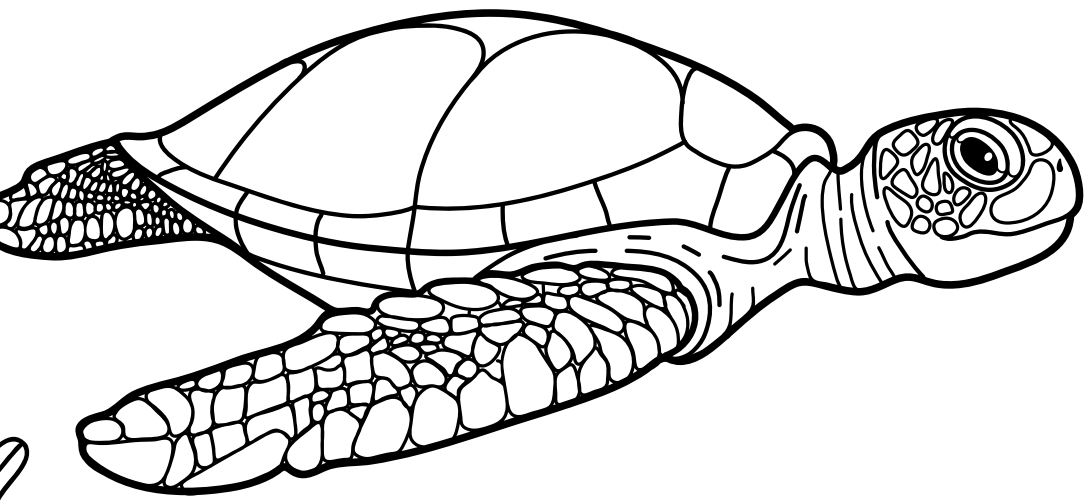
### Tips:

- Try sitting upright and in a quiet place at first.
- Practice for a minute or more at a time.
- Sometimes deep breathing can make people feel dizzy. While this is normal, if it makes you feel uncomfortable you can try taking some slow deep breaths instead.

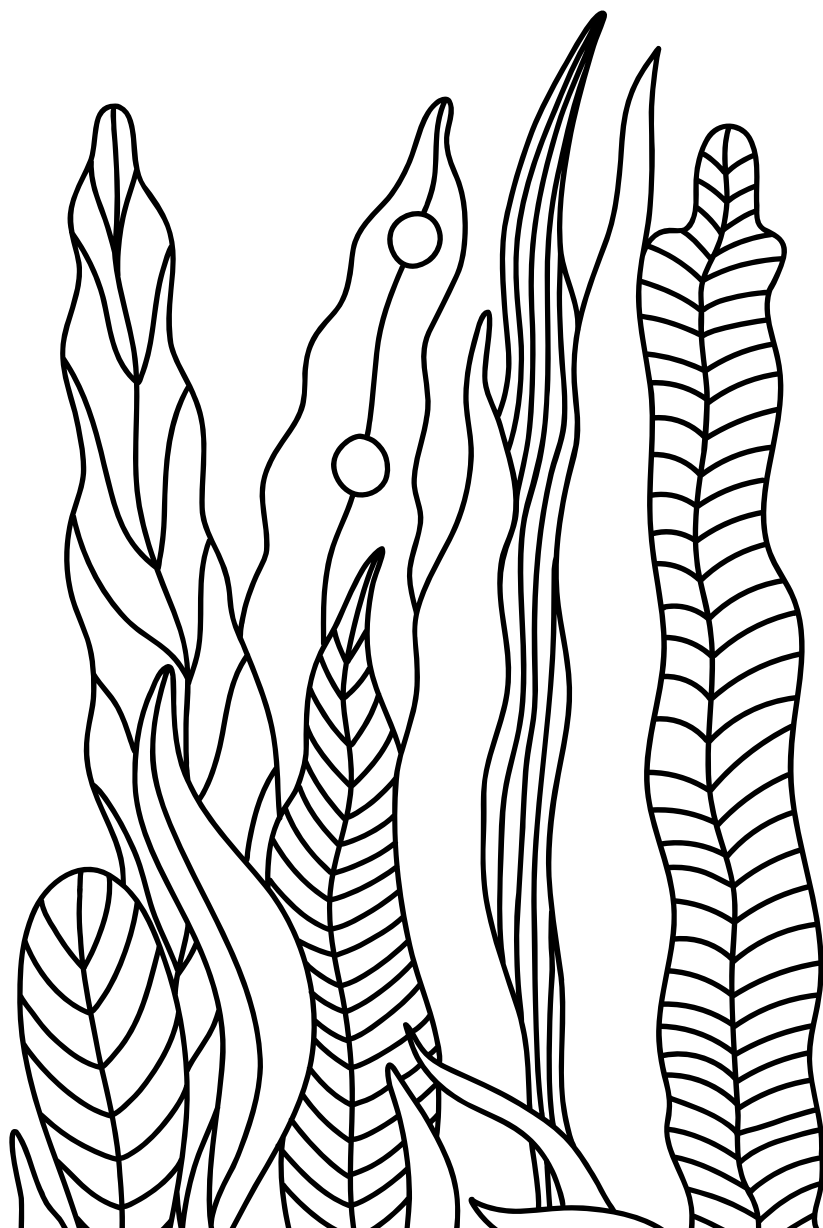
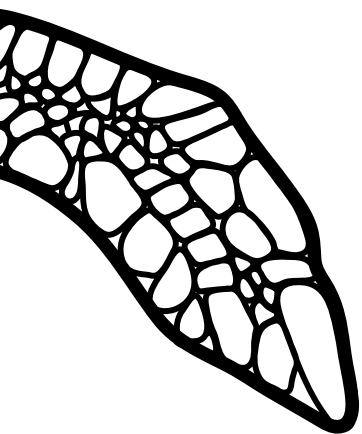
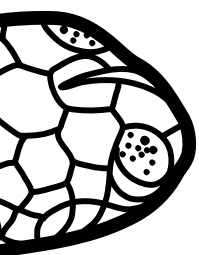
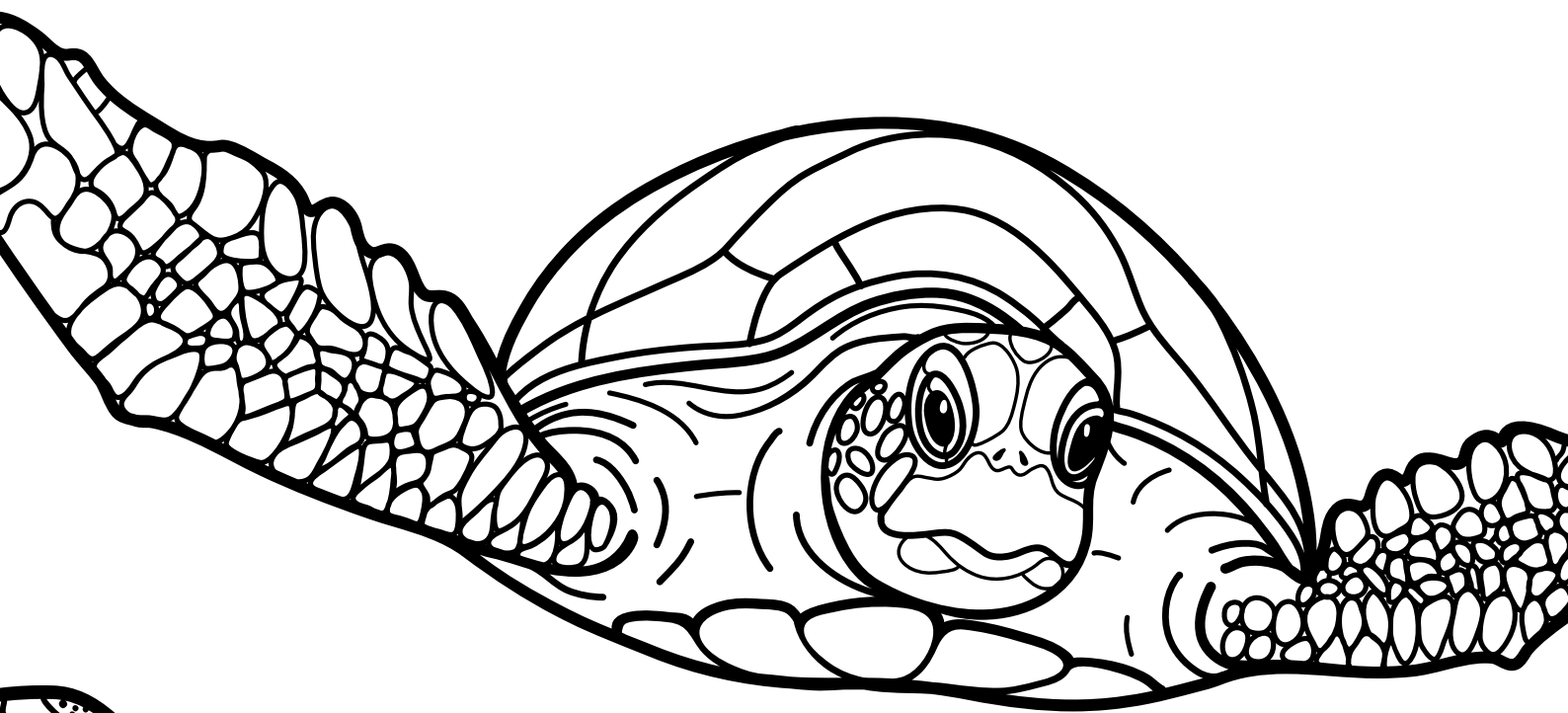
**BREATH IN FOR 4 SECONDS**



**BREATH OUT FOR 4 SECONDS**







Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



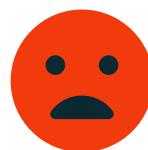
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



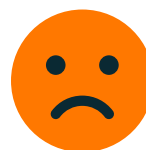
Excellent



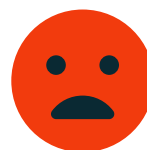
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



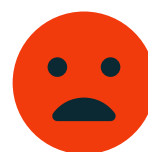
**Good**



**Medium**



**Poor**



**Very Bad**

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



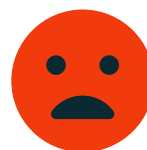
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



Excellent



Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



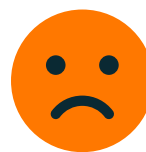
Excellent



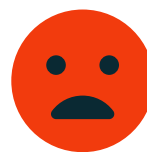
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



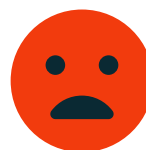
Good



Medium



Poor



Very Bad



Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



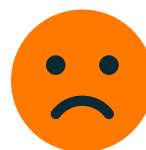
Excellent



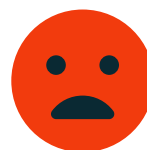
Good



Medium



Poor



Very Bad

## Strength Reflections Questions

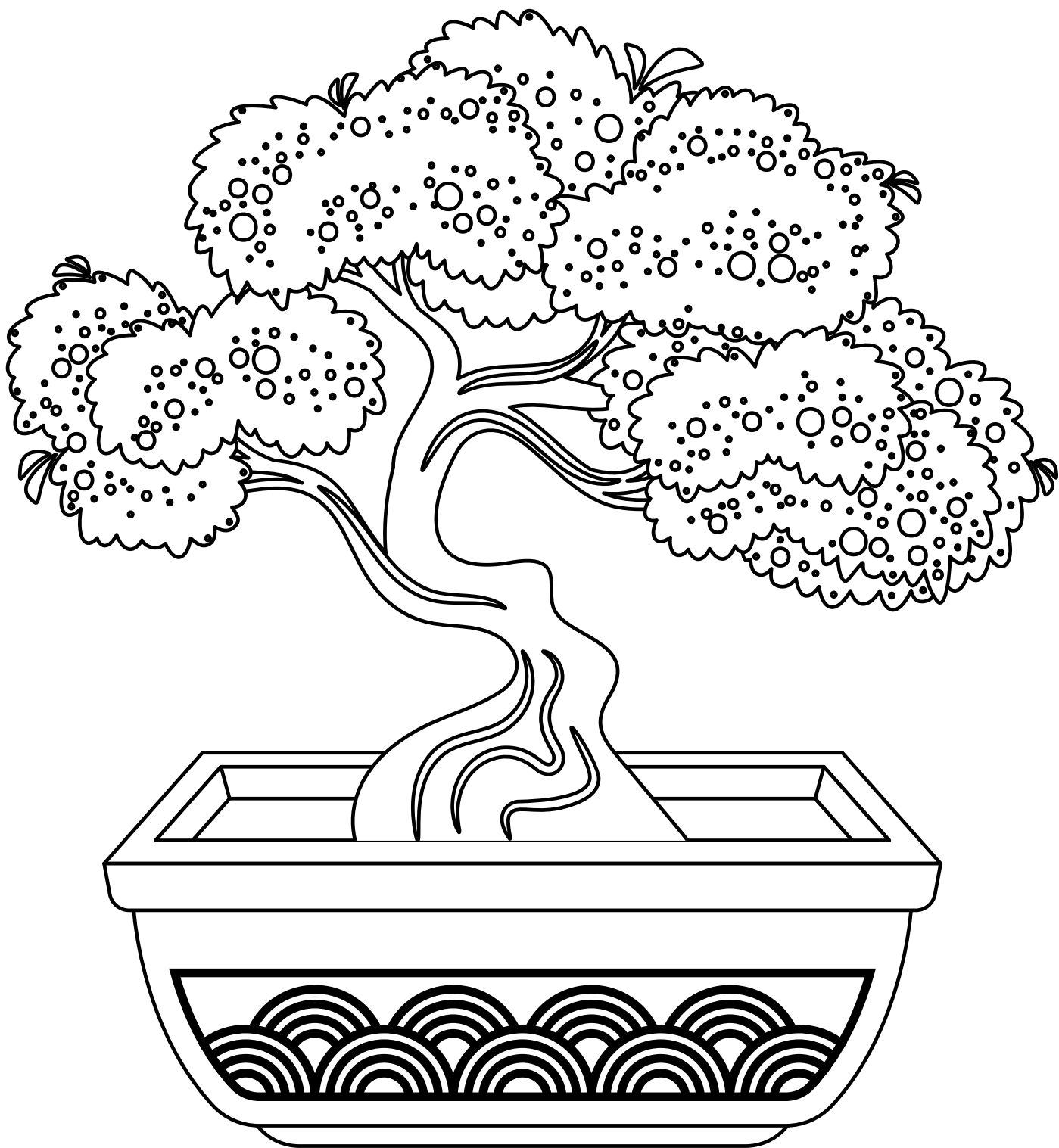
Strengths can be skills or qualities that a person has or finds enjoyable. Below is just a few examples of strengths.

Family Funny Strong Brave  
Creative Hope Curious Spiritual

Thinking of a hard time in the past,  
what strengths helped me to get through them?

How can I use my strengths now?

How can I build on my strengths?



**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



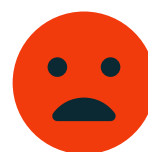
**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



Excellent



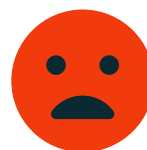
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



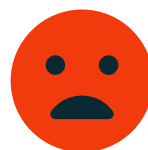
**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



Excellent



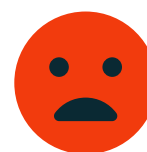
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



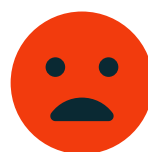
**Good**



**Medium**



**Poor**



**Very Bad**



**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



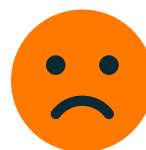
Excellent



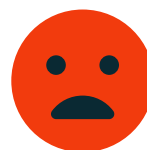
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



**Good**



**Medium**



**Poor**



**Very Bad**

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



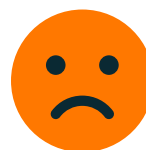
Excellent



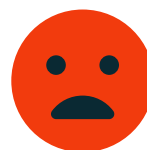
Good



Medium



Poor



Very Bad

# Gratitude

When you are feeling stressed, your mind can get stuck on what's going wrong. Gratitude helps you to focus on what is going right, even if it is something small.

It can help to:



**What Is one small thing I am thankful for today, even if today felt hard?  
You could write or draw about:**

<b>Your own strength for getting through the day</b>	<b>A kind word or action of someone</b>	<b>A nice meal</b>

## Daily Gratitude choices:

**For those wanting more, here are some other choices you can pick to spend a couple of minutes thinking on daily.**

*What is something that made me smile?*

*Who is someone I am thankful for and why?*

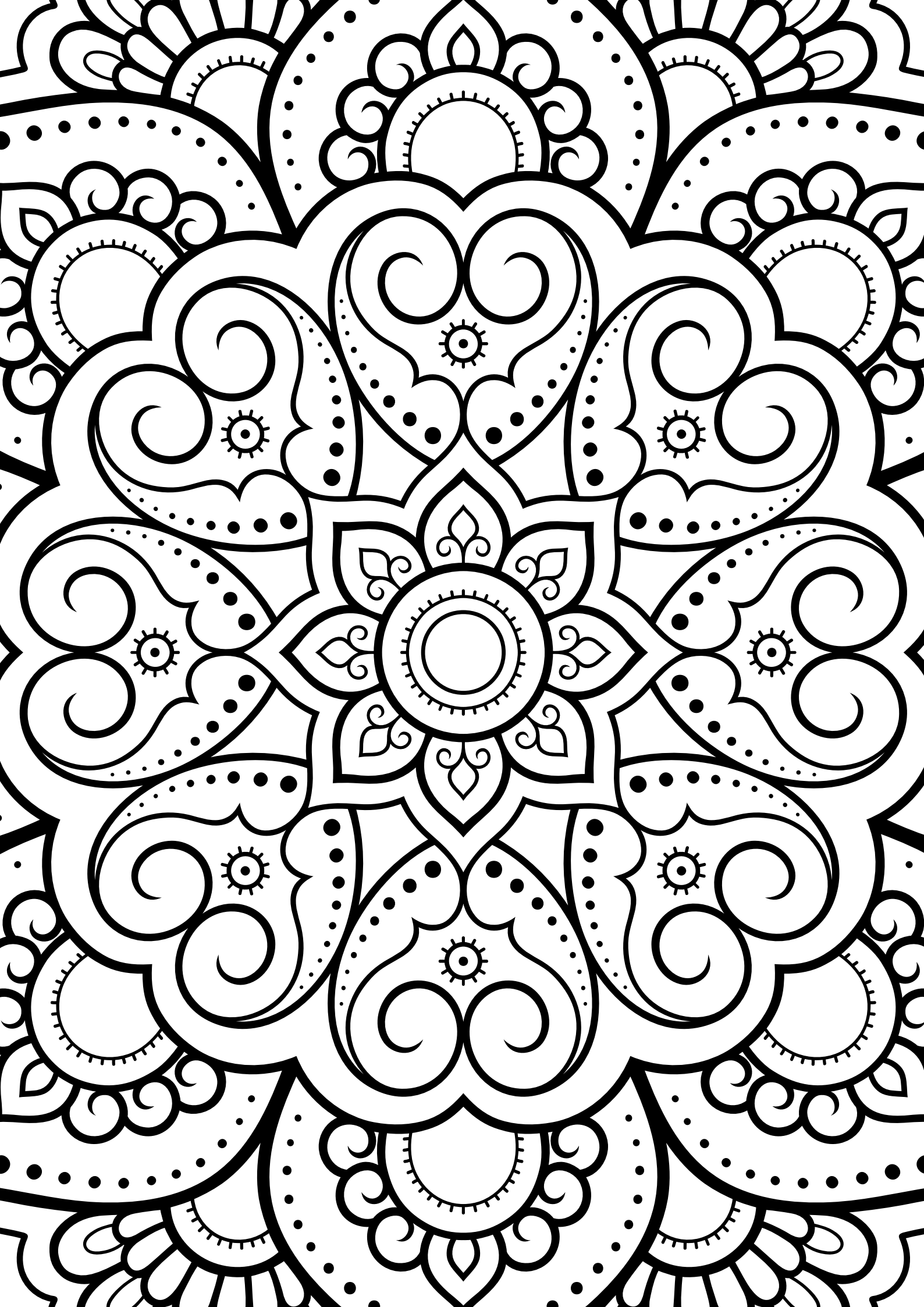
*What is something I am proud of?*

*What kind words have I heard or said this week?*

*What made me laugh today?*

*What is one thing about my body I am grateful for?*

*What is one thing I am looking forward to?*



Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



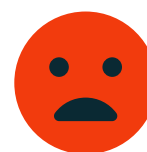
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



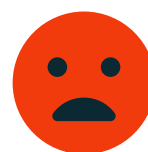
Good



Medium



Poor



Very Bad



Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



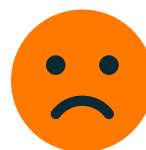
Excellent



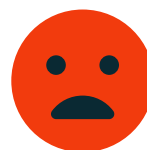
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



Excellent



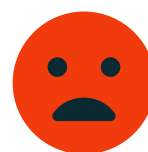
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



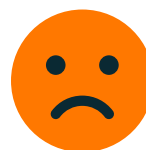
Excellent



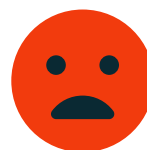
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



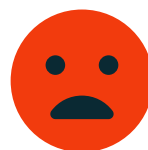
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



Excellent



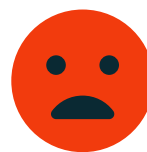
Good



Medium



Poor



Very Bad

## Dropping Anchor (ACE)

Like a ship dropping an anchor in the storm, this grounding tool helps to ride out emotional storms whether you are feeling stressed, anxious, or worried.

### **A**cknowledge your thoughts and feelings

Notice your thoughts, feelings, memories, urges and images

### **C**ome back into your body

Take some deep breaths

Push your feet into the ground

Stretch out your arms

### **E**ngage in what you are doing

Notice what is happening around you,

Notice 5 things you can see



Notice 4 things you can hear



Notice 3 things you can feel



Notice 2 things you can smell

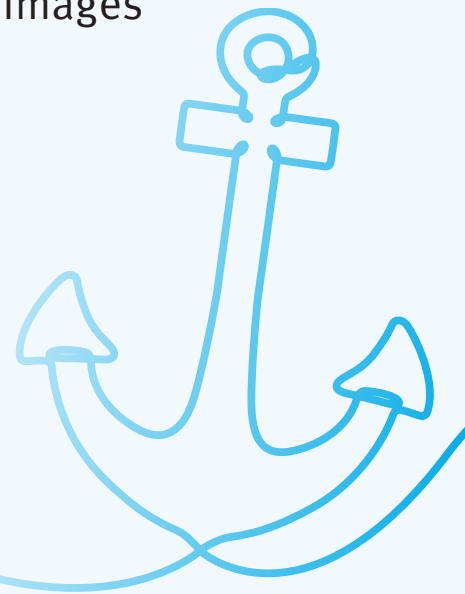


Notice 1 thing you can taste



**Refocus on what task or activity you were doing.**

**Repeat the process as many times as needed.**



# Find-a-word

R	E	I	T	I	W	U	T	N	B	P	R	K	I	I	V	K	M
H	I	X	Y	O	R	U	K	B	N	J	C	I	Z	Z	B	I	O
R	O	B	E	T	R	A	N	S	P	L	A	N	T	M	U	D	E
E	M	S	U	R	G	E	R	Y	G	R	A	F	T	A	H	N	H
C	R	Q	P	O	C	P	G	L	W	H	S	Y	X	T	Q	E	S
O	E	B	J	I	S	I	S	C	Q	E	W	M	Q	C	A	Y	W
V	S	P	J	I	T	K	S	O	K	A	D	S	F	H	S	V	A
E	T	Z	C	D	A	A	U	E	D	L	D	T	I	M	H	K	T
R	C	B	N	U	L	R	L	N	Y	I	S	E	O	A	Q	O	E
Y	F	C	L	I	N	I	C	S	U	N	A	N	B	M	G	V	R
F	G	W	T	X	L	A	M	C	J	G	G	T	J	A	U	A	Q
M	E	O	Z	W	D	Q	L	J	H	V	B	K	K	N	I	K	H

**Transplant**

**Recovery**

**Exercise**

**Hospital**

**Healing**

**Surgery**

**Clinics**

**Kidney**

**Stent**

**Water**

**Match**

**Graft**

**Rest**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



Excellent



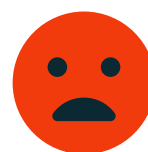
Good



Medium



Poor



Very Bad



**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



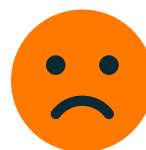
Excellent



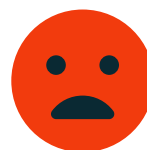
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



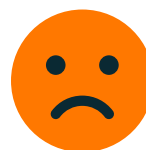
Excellent



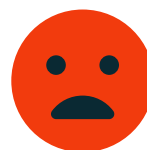
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



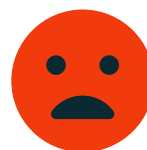
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



**Good**



**Medium**



**Poor**



**Very Bad**

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



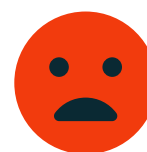
Good



Medium



Poor



Very Bad

## When I am having a hard day

It is normal to have a bad day from time to time, having a plan can help when it feels too much. These can include activities or comforting skills that use your five senses (sight, sound, touch, smell and taste).

### Some of the below activities could work for you:

- Go for a walk
- Spend time with a pet
- Smell your favourite scent (soap, coffee, candle)
- Play some soothing or energetic music
- Have a shower or bath
- Speak with friends or family
- Connect
- Journal my thoughts
- Use a cold or warm compress on head or neck
- Listen to the sounds of nature (birds, trees, waves)
- Work in the garden
- Listen to your favourite songs
- Spend time enjoying a favourite drink
- Wrap up in a soft, comfortable blanket
- Look at the stars
- Watch a sunrise or sunset
- Draw or paint
- Cook and eat a favourite meal.

### My ideas for getting through a tough day:

If you notice you are having more hard days than good days, it can be helpful to speak with a professional or loved one about it.

### Some people I can call or talk to if I feel I need support for my mood:

- Transplant psychologist and social worker.
- Lifeline 13 11 14
- Family or friends.



Find-a-word

L	N	A	P	S	A	Z	Y	E	M
D	I	D	G	E	R	I	D	O	O
E	K	Z	I	M	T	P	N	B	B
A	G	I	L	U	M	K	A	Q	R
D	W	R	Y	E	O	J	L	S	E
L	F	O	T	D	H	U	M	U	X
Y	B	O	O	M	E	R	A	N	G
B	T	K	I	E	S	R	N	C	Z

Laugh  
Goals  
Spirit

Strong  
Rest  
Breathe

Connect  
Gratitude  
Goals

Plan  
Mindful  
Kindness

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



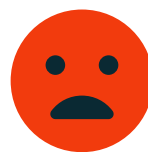
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



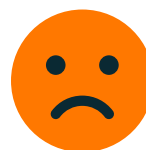
Excellent



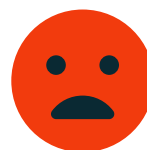
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



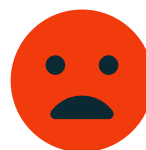
**Good**



**Medium**



**Poor**



**Very Bad**

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



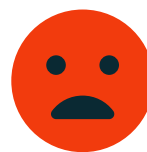
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



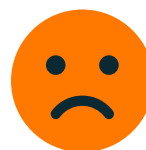
Excellent



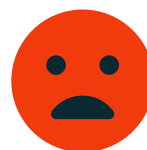
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



Good



Medium



Poor



Very Bad



Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



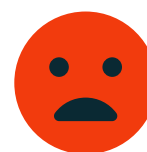
Good



Medium



Poor



Very Bad

# Unhelpful Thoughts

It is normal to feel worried or sad every now and then but sometimes what our mind tells are can be unhelpful. Catching, checking, and changing our thoughts are a good set of skills to boost our mood and improve how we deal with stress.

## Catch it, Check it, Change it Skill

### Catch it

This is noticing when you have an unhelpful thought as you go about your day. These unhelpful thoughts can look like:

- Expecting the worst outcome: e.g., “My new kidney will fail”
- Looking only at the bad side of a situation while ignoring the good
- Seeing things in black and white e.g., “I am a terrible person”.

### Check it

When you catch an unhelpful thought take a moment to check it you can ask yourself:

- What would I say to a friend if they were thinking this way?
- Are there different ways of looking at the situation?
- How likely is this to happen?
- Is it helpful?

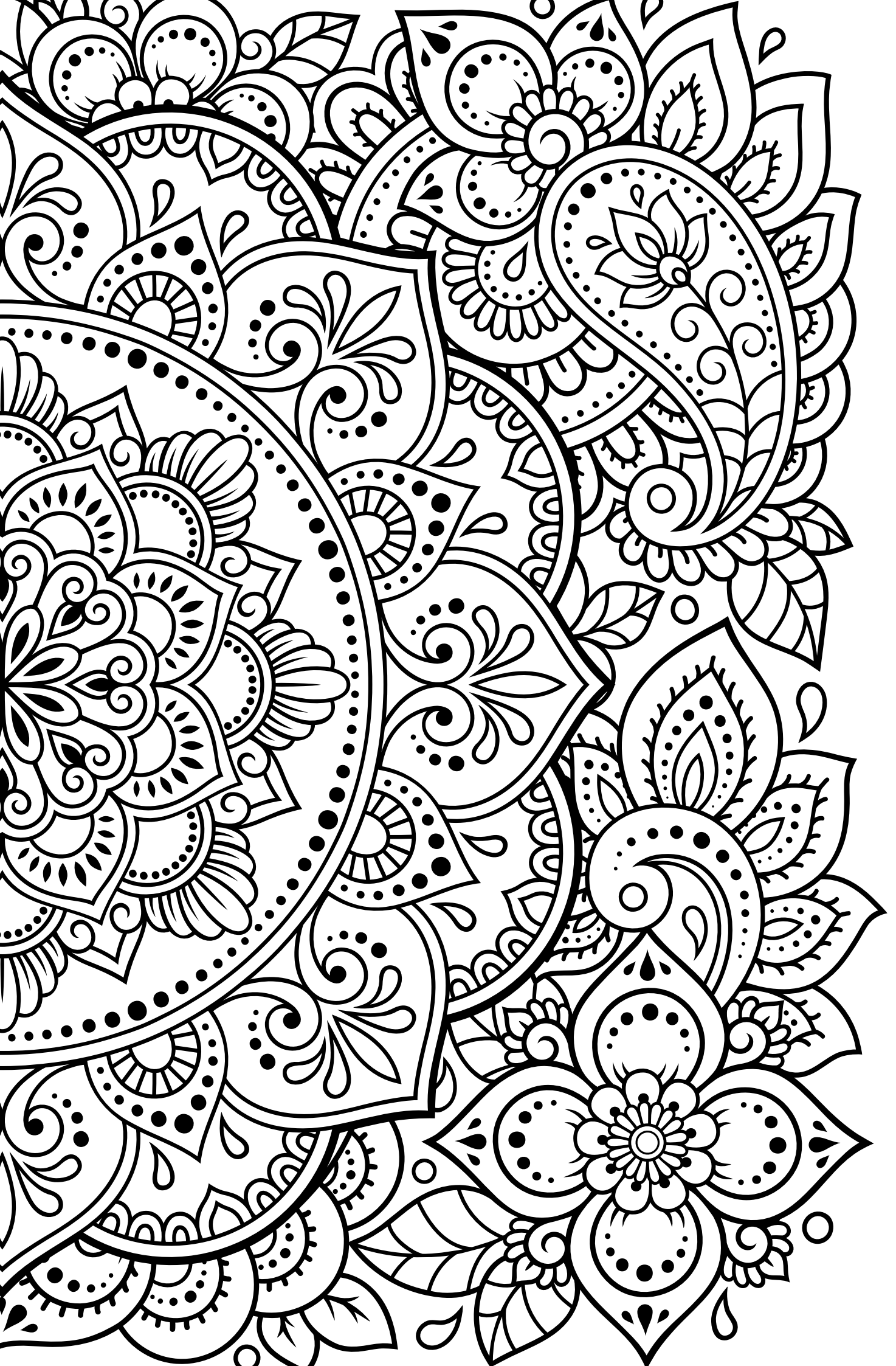
### Change them

Once you have checked them think of how you may make your thought more helpful. For example:

- My bloods show how well my new kidney is doing.

[illegible]





Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



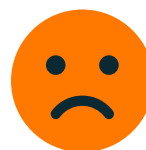
Excellent



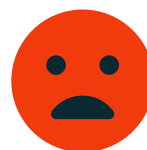
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



Good



Medium



Poor



Very Bad



**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



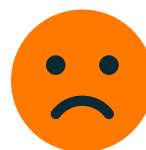
Excellent



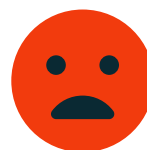
Good



Medium



Poor



Very Bad

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



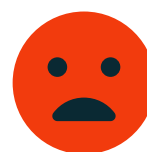
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



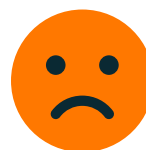
Excellent



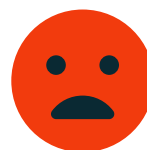
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



**Good**



**Medium**



**Poor**



**Very Bad**

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



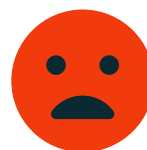
Good



Medium



Poor



Very Bad

# Healthy Me

You can use the boxes below to write down a few things that will help you to remain healthy in mind, body and spirit.

**How I look after myself**

**Things I like to do**

**My social supports**

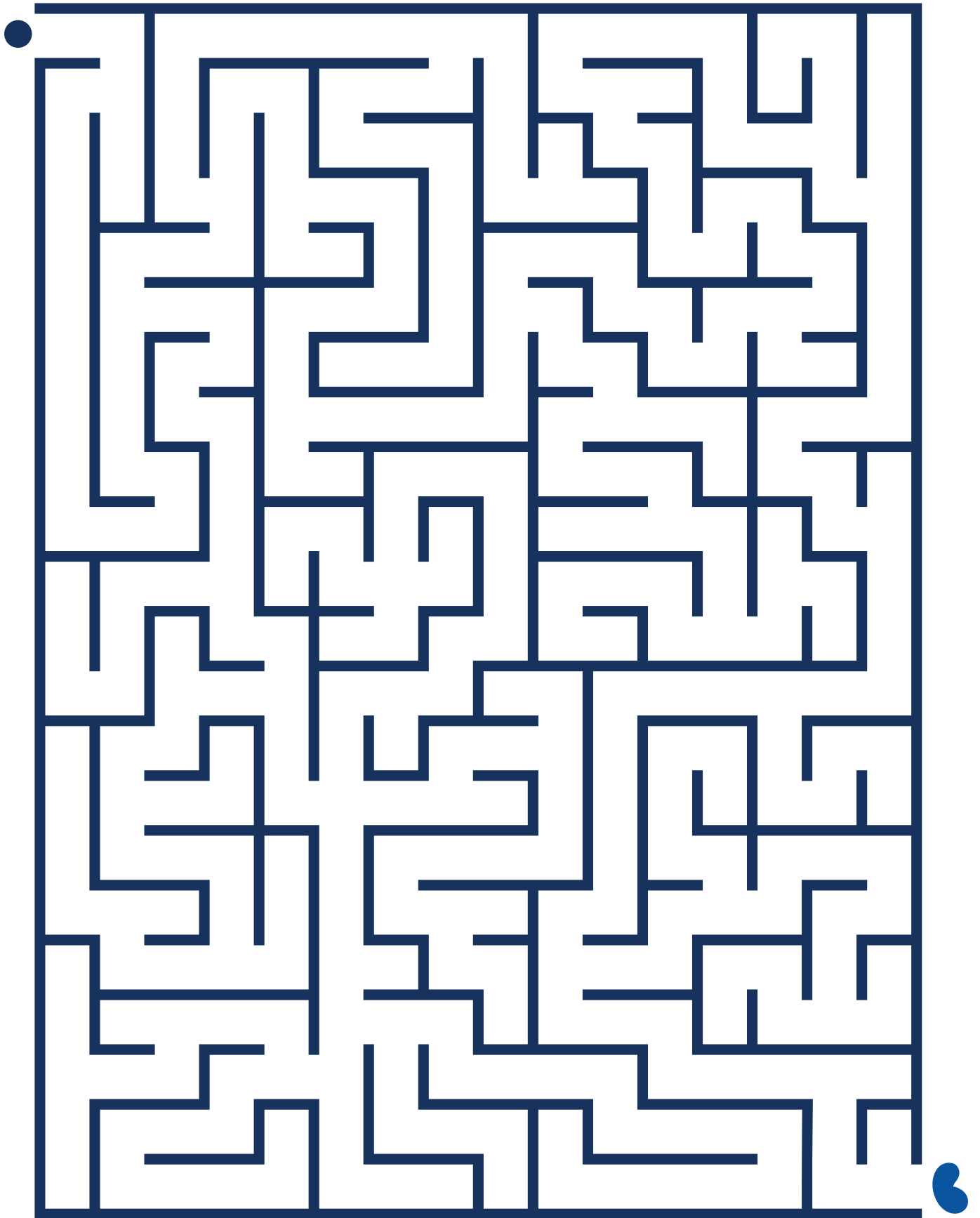
**My goals or  
hope for the future**

**How I keep moving**

**How I relax**

**My helpful thoughts**





Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



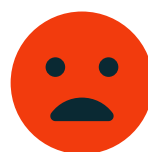
Good



Medium



Poor



Very Bad



**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



Excellent



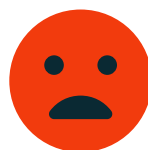
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



**Good**



**Medium**



**Poor**



**Very Bad**

Today's date is:

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

How are you feeling today?



Excellent



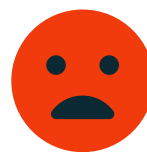
Good



Medium



Poor



Very Bad

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



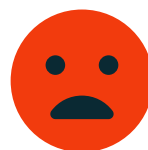
**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



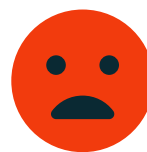
**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



**Excellent**



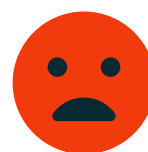
**Good**



**Medium**



**Poor**



**Very Bad**

**Today's date is:**

Time of Day	Fluid In	Fluid Out	TAC Dose	Tablet check	Blood Sugar Level	Insulin Dose	Comments
Morning							
Before Lunch							
After Lunch							
Evening							
Before Bed							

**How are you feeling today?**



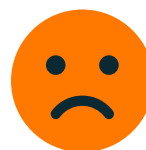
Excellent



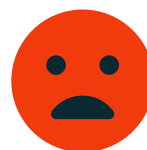
Good



Medium



Poor



Very Bad

## Journaling Pages

On the next couple of pages, you can write down your thoughts and feelings whenever you feel it is needed.

[illegible]



[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

# Useful Contacts

<b>NQKTS NURSE COORDINATOR</b>	<b>4433 7814</b>
<b>NQKTS NURSE EDUCATOR</b>	<b>4433 7091</b>
<b>NQKTS PHARMACIST</b>	<b>4433 7799</b>
<b>NQKTS ADMIN OFFICER</b>	<b>4433 7076</b>
<b>NQKTS SOCIAL WORKER</b>	<b>4433 7793</b>
<b>NQKTS PSYCHOLOGIST</b>	<b>4433 7791</b>
<b>LIFELINE</b>	<b>13 11 14</b>
<b>13 YARN</b>	<b>13 92 76</b>
<b>MENSLINE</b>	<b>1300 22 46 36</b>
<b>YARNING SAFE 'N' STRONG</b>	<b>1800 959 563</b>
<b>DVCONNECT WOMENSLINE</b>	<b>1800 811 811</b>
<b>RAINBOW SEXUAL, DOMESTIC AND FAMILY VIOLENCE HELPLINE</b>	<b>1800 497 212</b>
<b>QLIFE (LGBTIQ+ PEER SUPPORT)</b>	<b>1800 184 527</b>
<b>WWILD (INTELLECTUAL OR LEARNING DISABILITY)</b>	<b>07 3262 9877</b>
<b>STANDBY (SUPPORT AFTER SUICIDE)</b>	<b>1300 727 247</b>
<b>VETERANS AND VETERANS FAMILIES COUNSELLING SERVICE</b>	<b>1800 011 046</b>
<b>HOMELESS HOTLINE</b>	<b>1800 474 753</b>
<b>LEGAL AID QUEENSLAND</b>	<b>1300 65 11 88</b>
<b>ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)</b>	<b>1800 177 833</b>
<b>LIVES LIVED WELL</b>	<b>1300 727 957</b>
<b>SEXUAL ASSAULT AND DV CRISIS</b>	<b>1800 737 732</b>
<b>ACUTE CARE TEAM – MENTAL HEALTH CRISIS SUPPORT</b>	<b>1300 642 255</b>
<b>POLICE AND AMBULANCE</b>	<b>000</b>
<b>NON-URGENT HEALTH ADVICE</b>	<b>13 43 25 84</b>
<b>OFFICE OF HEALTH OMBUDSMEN</b>	<b>WWW.OHO.QLD.GOV.AU</b>
	<b>133 646</b>

# Meet the team



**Dr Michelle Harfield**  
Clinical Lead



**Dr Nikhil Mahajan**  
Transplant Surgeon



**Dr Aasim Khan**  
Transplant Surgeon



**Natalie**  
Nursing Director



**Lauren**  
Clinical Nurse



**Mike**  
Clinical Nurse Coordinator



**Marie**  
Social Worker



**Tapu**  
Nephrologist



**Jess**  
Senior Psychologist



**Grace**  
Clinical Nurse Coordinator



**Hayley**  
Pharmacist



**Jordan**  
Admin Officer



**Kerry**  
Data Manager

