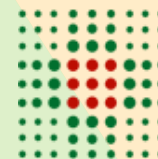Every person around the world will, at some point in their life, take drugs to prevent or treat disease. However, drugs can sometimes cause serious harm if stored, prescribed, dispensed, administered incorrectly, or if insufficiently monitored.

Unsafe treatment practices and medication errors are a leading cause of avoidable harm in healthcare around the world.

This small Diary therefore aims to be a tool to facilitate the planning, intake and monitoring of drugs for the elderly, family members and caregivers.

The page from which to download the Weekly Diary Card from the website of the University Hospital of Parma is available in the QR code

Join us in achieving...
Medication Without Harm

MEDICATION WITHOUT HARM
Global Patient Safety Challenge

World Health Organization

Drugs Diary

Weekly Patient Guide to safe drug administration

World Patient Safety Day 17 September

The DRUG DIARY can be an important aid tool for the patient and / or for caregivers in the quality and safety management of drug therapy in order to prevent errors (forgetfulness, double administration, etc.).

The DIARY must be individual, personalized on the therapy the patient is taking and it must contain the following information:
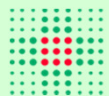
- name of the drug to be taken
- dose and quantity to be taken
- hiring time
- mode of intake in relation to meals
- possible notes

Below you will find a model we have proposed for a WEEKLY DIARY. In the first column it is possible to enter the name of the active ingredient or the commercial name of the drug being treated, followed by the dose and quantity to be taken (eg RAMIPRIL 2,5mg 1 cp). It is possible to indicate for each drug whether it is to be taken on an empty stomach E □, a full stomach F □ or if the drug is to be taken whole because it cannot be divided or triturated W □.

In the second column you can enter the assumption time. In the columns relating to the days, the box must be crossed to confirm that the drug has been taken on that day. In the last NOTES box you can enter variables that may be specific to the intake of a certain drug (eg to be taken every other day with indication of the days eg MON, WED, FRI).

Here are some examples of abbreviations to facilitate compilation:

> CP = tablet; CPS = capsule; GTT = drops; FL = vial;
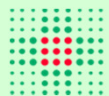> FLAC = bottle; TTS = transdermal patch; BUS = sachet

Drugs Diary of: _____

(Name and Surname)

List of drugs to take from _____ to_____	Day / Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	NOTES
DRUG 1 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 2 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 3 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 4 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 5 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 6 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 7 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 8 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	

LEGEND NOTES:

E ☐ Drugs to be taken after a waiting time between taking the first and subsequent drugs (wait 30 minutes with the next administration or before meals);

F ☐ Drug to be taken on a full stomach; W ☐ Drug to be taken whole (not divisible or shreddable)
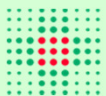
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(Name and Surname)

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DRUG 3 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
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DRUG 6 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 7 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 8 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	

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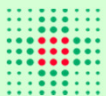
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DRUG 7 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 8 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	

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DRUG 3 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 4 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 5 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
DRUG 6 E ☐ F ☐ W☐	___:___	☐	☐	☐	☐	☐	☐	☐	
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