

Observation Log

Write down what you saw rather than what you concluded from it. Observations can be checked against what happens next. Conclusions cannot, which is what makes an observation useful to a doctor, to a new aide, or to you in three months trying to remember when this started.

INSTEAD OF THIS, WRITE THIS

Instead of “Mom is getting worse,” write: Asked the same question three times between breakfast and lunch.

Instead of “He had a bad night,” write: Awake and asking to go home four times between 1 and 4 a.m. Settled once the hallway light was left on.

Instead of “She seemed off today,” write: Left half her lunch, which is new. Usually finishes the plate. No fever, no complaints when asked directly.

[illegible]