






TRANSFUSION TRACKING FORM

Red Blood Cells (RBCs)

Every patient has a unique response to getting a transfusion. Understanding how your body reacts to receiving blood empowers you and your doctor to make the best decisions about your future care. Using the scale below and the printable chart provided, you can track your Energy Score each evening after you have been treated with red blood cells.

 Feeling Great	5	<p>I have my usual energy level given my current medical condition. I can carry out my activities, work, errands, and visits at the pace which is normal for me recently.</p>
 Feeling Good	4	<p>I lack some of my usual energy given my current medical condition. I can still do all of my typical activities I want and need to do, but I must pace myself.</p>
 Feeling Okay	3	<p>I find myself run down and tired quite often. This has repeatedly caused me to cut back or limit trips, events, tasks, and other activities I would like to do.</p>
 Feeling Bad	2	<p>I tire quickly and might become short of breath when doing things I usually manage without problems on my better days. I can do few of the activities that I want to perform.</p>
 Feeling Very Bad	1	<p>I always feel exhausted and am having difficulty performing some of the basic tasks of daily living, such as bathing, cooking, and cleaning.</p>








TRANSFUSION TRACKING FORM

Date Red Blood Cells Transfused: ____ / ____ / 20____

Hemoglobin (Hb) or Hematocrit (Hct) Lab Values:

Number of Units Given: ____

Before Transfusion = ____ or Right After = ____

ENERGY SCORE	DAY BLOOD GIVEN	DAY 1 AFTER BLOOD	DAY 2 AFTER BLOOD	DAY 3 AFTER BLOOD	DAY 4 AFTER BLOOD	DAY 5 AFTER BLOOD	DAY 6 AFTER BLOOD	DAY 7 AFTER BLOOD	DAY 8 AFTER BLOOD	DAY 9 AFTER BLOOD	DAY 10 AFTER BLOOD	DAY 11 AFTER BLOOD	DAY 12 AFTER BLOOD	DAY 13 AFTER BLOOD	DAY 14 AFTER BLOOD
5	 Feeling Great														
4	 Feeling Good														
3	 Feeling Okay														
2	 Feeling Bad														
1	 Feeling Very Bad														

Hb or Hct Results: _____

Notes on specific problem activities (including day # after getting blood): _____

*Hemoglobin (Hb) and Hematocrit (Hct) measure a person's supply of red blood cells. These carry oxygen from the lungs to the rest of the body. Readings less than 10 g/dL (Hb) or 30 (Hct) can indicate significant anemia.