Navigating Hepatorenal Syndrome (HRS):
A Journal for Patients and Caregivers

Caring for someone with hepatorenal syndrome (HRS) can be challenging and emotional. This journal provides you with a space to stay organized, track important medical information, reflect and prioritize your personal well-being.

Key Terminology

Below are many terms you may hear from your loved one's medical team.

Hepatorenal Syndrome (HRS)	A life-threatening condition that affects kidney function in some people with advanced liver disease.
Acute Kidney Injury (AKI)	Loss of the kidney's ability to filter waste products from the blood.
Fibrosis	Sometimes called scarring, found in the early stages of liver damage.
Cirrhosis	Extensive fibrosis (scarring) of the liver; hard scar tissue replaces soft, healthy tissue and can prevent the liver from functioning well.
Hepatic Encephalopathy (HE)	Decline in brain function caused by the liver's inability to remove toxins from the blood which can lead to confusion, changes in personality and in severe cases, coma.
Liver Enzyme Tests (AST, ALT)	Elevated liver enzymes may alert physicians to liver damage, as these enzymes are leaked from the liver into the bloodstream under these circumstances.
Albumin, Total Protein, and Globulin	Below-normal protein levels made by the liver are associated with many chronic liver disorders.
INR (International Normalized Ratio)	Measures blood clotting— high INR suggests the liver is no longer producing enough essential clotting proteins, resulting in an increased risk of both bleeding and clotting complications.
MELD Score	**M**odel for **E**nd-stage **L**iver **D**isease (MELD) scores help prioritize liver transplant need.

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For questions about liver wellness and disease, or for emotional support to patients at the point of crisis and information on local resources including physician referrals, please contact our Helpline at 1-800-465-4837.

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Patient Medical Information & Important Contacts

Primary Care Physician Name: _____

Primary Care Physician Phone: _____

Hepatologist Name: _____

Hepatologist Phone: _____

Nephrologist Name: _____

Nephrologist Phone: _____

Transplant Coordinator Name: _____

Transplant Coordinator Phone: _____

Other Specialists Name: _____

Other Specialists Phone: _____

Hospital Main Phone: _____

ADDITIONAL INFORMATION:

_____

_____

_____

_____

_____

_____

Disclaimer: In case of an emergency, always call 911 or your local emergency services immediately. This contact list is not a substitute for professional emergency assistance.

HRS Patient Check-In

(Check the answer that best applies)

Changes in Mood/Behavior:

☐ Improved Mood ☐ No Change ☐ Worsened Mood

Notes: _____

_____

_____

Eating Habits:

☐ Increased Appetite ☐ No Change ☐ Decreased Appetite

Notes: _____

_____

_____

Urine Output:

☐ Increased Output ☐ No Change ☐ Decreased Output

Notes: _____

_____

_____

Sleep Habits:

☐ Increased Sleep ☐ No Change ☐ Decreased Sleep

Notes: _____

_____

_____

Physical Abilities (i.e. Speech, Movement, Strength):

☐ Increased Sleep ☐ No Change ☐ Decreased Sleep

Notes: _____

_____

_____

DAILY CHECK-IN FOR CAREGIVERS

Being a caregiver can be challenging, and it's just as important to care for yourself. Use this space to check in with yourself.

Daily Intentions:

Highlights/Moments of Joy or Success:

What Felt Hard?

Reminders & Notes:

Additional support for caregivers of people with liver disease:

- Sharing the Journey, an ALF Support Group network for Caregivers liverfoundation.org/sharingthejourneycaregivers
- Caring Connections–an ALF peer-to-peer support program alf.chronus.com

MEDICATION TRACKER

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DATE	TIME	MEDICATION	DOSE GIVEN