



Sherwood Forest Hospitals
NHS Foundation Trust



PATIENTS KNOW BEST®
MANAGE YOUR HEALTH

Relatives & Carers User Guide

Logging into the PKB System

Receiving Notifications

The Home Screen

For more information visit: www.notts NHS app.nhs.uk



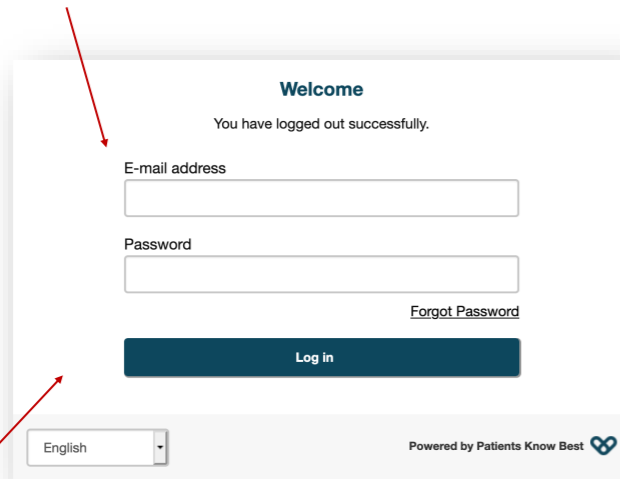
Dedicated to *Outstanding* care

Logging into Patients Know Best [PKB]

Once Sherwood Forst Hospitals, Critical Care Team have created your account, PKB will send you an email containing a link to activate your account.

Once registered **click** on the link within your email to login to PKB.

On the login screen - enter your **email address** and **password** :

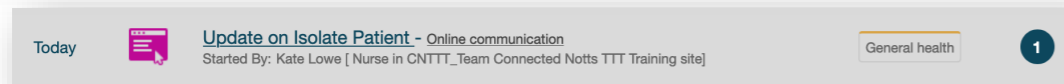


Once you have entered your details **click** on the **Log in** button to access your record.

Receiving Notifications

Notifications

When Sherwood Forest Hospitals send you a message a 'notification' will appear on the **Home Screen** and **Events & Messages**, (See Home Screen overleaf) and an e-mail will be sent to your designated email address.



To open the notification, on the **Home Screen** **click** on **View**. Alternatively, **click** on the message within **Events & Messages** section.

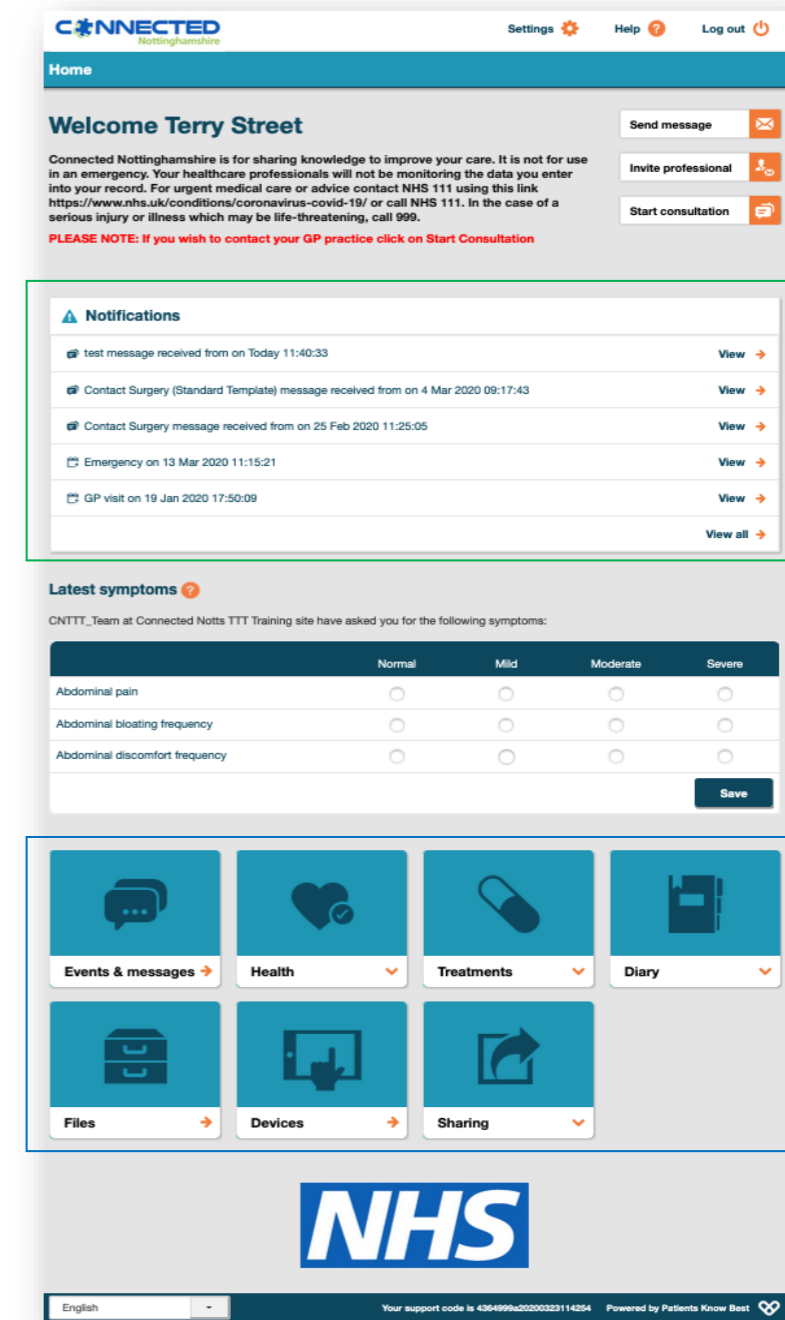
The Home Screen

The Home screen is split into sections. These sections are split into the following areas:

◇ **'Notifications'**: appear when a message has been received or when you have received an update from Sherwood Forest Hospitals.

This can be accessed from either the **Home Screen** or **Events & Messages** button.

◇ **'Quick Access Buttons'**: are where you can access the different sections of your record. The various buttons enable you to view messages, access medical leaflets and link you to various NHS websites.



	Normal	Mild	Moderate	Severe
Abdominal pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Abdominal bloating frequency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Abdominal discomfort frequency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>