

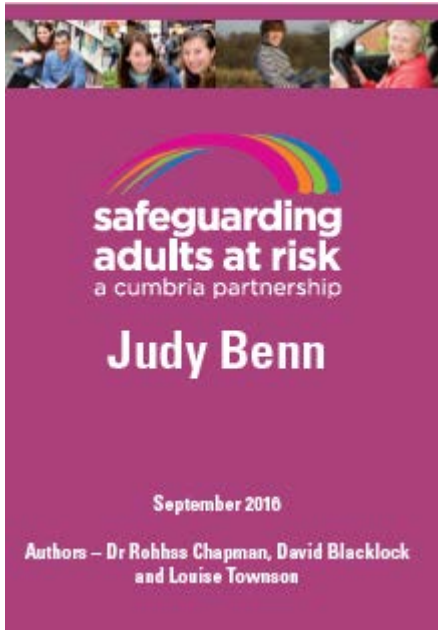


Recognising Deterioration

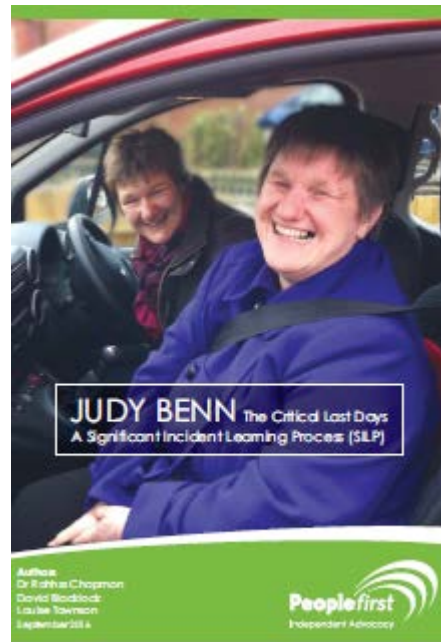
Anna Stabler, Director of Nursing & Quality

North Cumbria Health & Care: Run by everyone, for everyone

Why? & Where it came from



A connected community working together to improve health and care quality across the UK



Why do we need to avoid unnecessary hospital admissions?

- Often disruptive and unsettling for the individual
- Drain on staff time to support hospital admission
- Average cost of a day in hospital £400



By recognising deterioration earlier we can prevent harm and hopefully hospital admissions

What do we mean by 'Deterioration'

The term Deterioration can be defined as when an individual moves from their normal clinical state. This increases their risk of morbidity, organ failure, further disability or sometimes even death.

To reduce the chances of this happening we should focus on 3 main areas:

- **Recognition:** How do we spot early signs of deterioration
- **Response:** What should we do if we think someone has deteriorated
- **Communication:** Who should we communicate with

Can carers Spot the Signs?

- There is lots of research that says YES!

One study in 2000 showed that nursing assistants in a care home spotted signs of illness in people 5 days before they were seen in observations.

The study found that nursing assistants were able to spot behavioural and functional state changes in residents.

Reference: Boockark¹, Brodie HD, Lachs M, Geriatr Soc. 2000 Sept;48(9):1086-91. Nursing Assistants detect behavioural changes in Nursing home residents that precede acute illness: development and validation of an illness warning instrument.

Know the person you care for

- Important signs can be spotted by everyone that comes into contact with the person with a learning disability
- You need to understand what is normal for them to be able to detect the change
- Good communication between the team is crucial
- Remember, all team members, families and visitors can spot differences and should be listened to
- It is important to remember that on their own, differences may not look significant but they play an important part in recognising deterioration

Stop & Watch

- 11 Prompts to help spot signs of deterioration
- Designed to support your '***Gut Instinct***' & help you explain to others what your worries are.
- There are clinical questions for all.



Tool



EARLY WARNING TOOL Assisted Living "Stop and Watch"

If you have identified an important change while caring for a resident today, please circle the change and discuss it with the nurse/supervisor before the end of your shift.

Name of Resident _____

Seems different than usual

Talks or communicates less than usual

Overall needs more help than usual

Participated in activities less than usual

Ate less than usual (Not because of dislike of food)

N

Drank less than usual

Weight change

Agitated or nervous more than usual

Tired, weak, confused, or drowsy

Change in skin color or condition

Help with walking, transferring, toileting more than usual

Staff _____

Reported to _____

Date ____ / ____ / ____ Time _____

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Adapted from Bookvar et al., J Am Geriatr Soc 48:1085 (2000)

S - Seems different to usual

- However small the change, if **YOU** think someone is different think '**STOP & WATCH**'



T- Talks or communicates less

- Are they communicating less effectively
- Communication can be a sign that the person is becoming confused / depressed or tired



O - Overall needs more help

- Asking or needing more help to get around or help with the activities of daily living
- Lower energy levels can point to infection or deterioration in a medical condition



P- Pain new or worsening; Participating less in activities

- Look for non verbal clues, fidgety, agitated or not wanting to move
- Pain is often a sign of something not being right



A- Ate less

- Eating patterns may change. People may eat less or avoid certain foods
- Lack of appetite may be a sign of lots of medical conditions



N - No bowel movement in 3 days or diarrhoea

- Monitoring bowels is an important indicator of ill health. You should also note how often and the colour of stools.



D – Drank less

- Sometimes its difficult to spot someone is dehydrated.
- KEY: monitor using a hydration chart by observing the colour of the persons urine



W - Weight Change

- You may notice that a person is losing weight when they are not trying to



A - Agitated or more nervous than usual

- The person may be more fidgety, aggressive, tearful or withdrawn



T- Tired, weak, confused, drowsy

- The person appears to have less energy and may appear weaker or confused



C- Change in skin colour or condition

- Dry skin is a sign of dehydration
- Yellowing of the skin and whites of eyes (liver failure)
- A rash could be a sign of infection



H - Help with walking, transferring, or toileting more than usual

- The person may need more help with the activities of daily living such as washing / toileting & generally getting about



Response

- If you are concerned, the most important thing is to tell someone!



Situation Background Assessment Risk

SBAR

S

Situation

Briefly describe the situation.
Give a succinct overview.

B

Background

Briefly state pertinent history.
What got us to this point?

A

Assessment

Summarize the facts.
What do you think is going on?

R

Recommendation

What are you asking for?
What needs to happen next?

Which service should I call?

GP / NHS 111

- For advice & Guidance
- For clinical support
- For medication query
- For general health information

999 for urgent assistance

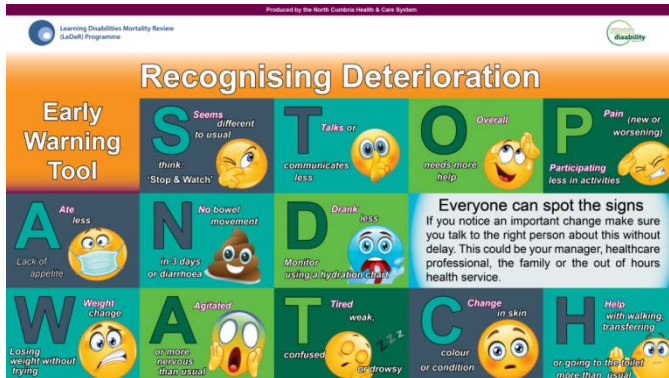
- If someone is choking
- If someone has stopped breathing and this is unexpected
- If someone is having a stroke or heart attack
- If some has had a major injury / trauma

Short Film



(https://youtu.be/_yJn9XR-cBI)

Produced by the North Cumbria Health & Care System



Booklets, posters, animation and banners created by:

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