

Recognising deterioration in a Care Home

Ask yourself...

'is my resident well today?'

Do they show any of the following 'soft signs' of deterioration?

Increasing **breathlessness** or **chestiness**

Change in usual drinking / diet habits

A **shivery fever**- feel **hot or cold** to touch

Reduced mobility - '**off legs**'

New or increased **confusion / agitation / anxiety / pain**

Changes to usual level of **alertness / consciousness / sleeping more**

Offensive '**smelly**' urine / **dark colour / can't pee** or difficult to

Diarrhoea, vomiting, dehydration

If yes to one or more of these triggers - take action!

Responding to deterioration in a Care Home

Raise the Alert within your home e.g. to senior carer, registered Nurse or manager

Record the observations using **NEWS2** or a **NEWS2** based system e.g. RESTORE2

Report your concerns to a health care professional e.g. Nurse / GP / GP HUB / 111 / 999 **using SBARD**

S Situation e.g. what's happened? How are they? With NEWS2 score if available.

B Background e.g. what is their normal, how have they changed?

A Assessment e.g. what have you observed / done?

R Recommendation 'I need you to...'

D Decision what have you agreed? (taking account of any Treatment Escalation or Advance Care Plan)

Repeat observations as per logical guidelines or as instructed by a health care professional.

Don't ignore your 'gut feeling' about what you know and see.
Give any immediate care to keep the person safe and comfortable.