

Recognising & Responding to Deterioration in Care Home Residents

Module 2 Work Book – Measuring vital signs

This workbook has been designed to support your learning from the teaching session. It contains the slides, places for you to make notes, some extra information, tools and links to further reading that you may find helpful. The tools included are examples, clearer copies can be provided upon request.

Filmed presentations of both Module 2 <https://youtu.be/pPIU1Ar6xJU> and Blood sugar monitoring <https://youtu.be/sugGpcnB5Pc> are available if you follow the links. The presentation slides are available via separate attachments.

We have also included some extra exercises you may wish to complete to help you practice your learning.

Finally there is a brief quiz to check your level of understanding; you may wish to complete this with a senior colleague in your care home.

We hope you find the training and workbook helpful.

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Contents

- Module 2 – Presentation slides (Separate attachment)
- Link to Module 2 <https://youtu.be/pPIU1Ar6xJU>
- Link to Blood Glucose monitoring <https://youtu.be/sugGpcnB5Pc>
- Task practice slides
- Links to useful videos
- Learning quiz

Appendices

- Appendix 1 – Example vital signs recording chart
- Appendix 2 – Decontamination Guidance

Aims and Objectives (Module 2):

To train you to be confident in the taking and recording of vital signs to assess a person's state of health and suspected deterioration in condition.

To provide information on the most appropriate escalation pathway.

Aims:

- To build on the information given in module 1
- To be confident in taking accurate:
 - Temperature
 - Pulse
 - Respirations
 - Oxygen (O₂) saturations
 - Blood sugar levels

To be fully informed of the appropriate action regarding:

- Writing the findings down in the correct way in the correct place
- What to do next and who to contact

Some useful videos:

Health Education England (HEE) training videos

A series of short videos offering guidance on detection and escalation of deteriorating residents.

Visit HEE's [Managing deterioration using NEWS](#) playlist on YouTube for films on the following:

- Introduction to sepsis and serious illness
- Preventing the spread of infection
- Soft signs of deterioration
- Measuring the respiratory rate
- Measuring oxygen saturation
- Measuring blood pressure
- Measuring the heart rate
- Measuring the level of alertness
- How to measure temperature
- Calculating and recording a NEWS score
- Structured communications and escalation
- Treatment escalation plans and resuscitation
- Recognising deterioration in people with learning disabilities

In addition Diabetes UK has some useful training videos on measuring Blood Sugar:

<https://www.youtube.com/watch?v=NUskHI7APHE>

Measuring Vital Signs – A Quiz!

(You may wish to complete this with a colleague so you can discuss your answers)

1. What 2 main things are your responsibility after taking a resident's vital signs?
.....
.....
2. What should core body temperature be?
 - a) 35°C
 - b) 36°C
 - c) 37°C
 - d) 38°C
3. When the skin tries to warm us up which of the following are true? (tick all that apply)
 - a) Hairs on the skin stand up
 - b) Blood vessels narrow
 - c) Sweat glands release sweat
 - d) Blood vessels widen
4. What 3 features of a pulse are you looking for?
 - a)
 - b)
 - c)
5. If a resident's pulse rate was very fast what might be the cause of this? (tick all that apply)
 - a) Developing an infection
 - b) Recent exercise
 - c) Very anxious about something
 - d) Dehydrated
 - e) In pain
 - f) All of the above
6. What is the normal range for respiratory rate?
7. When might you expect someone's breathing to be slower than normal?
.....
8. What would you use to measure a resident's oxygen saturation levels?
.....
9. The following factors may cause an inaccurate oxygen saturation reading. Please indicate true or false for each one.

Warm hands	True / False
Nail Varnish	True / False
Bruised Nail Bed	True / False
Cold Hands	True / False
False Nails	True / False

Full Name: NHS No.

		Date								
		Time								
<p>Take observation + calculate NEWS</p>	A+B Respirations Breachline 	a25					2			
		21-24						2		
		18-20								
		15-17								
		12-14								
<p>Authorising clinician</p>	A+B SpO ₂ Scale 1 Oxygen saturation (%) 	a95					1			
		94-95						2		
		92-93						2		
		a91						2		
<p>Signature & Date</p>	SpO₂ Scale 2* Oxygen saturation (%) Use Scale 2H target range is 92-95%, e.g. in hypercapnic respiratory failure *88% on Scale 2 under the direction of a qualified medical professional	a97 on O ₂					2			
		95-96 on O ₂						2		
		92-94 on O ₂						1		
		a92 on air								
		88-92								
		86-87						1		
		84-85						2		
		a82%						2		
<p>ACVPU KEY</p>	C Blood pressure mmHg Score uses systolic BP only 	a120					2			
		201-219								
		181-200								
		161-180								
		141-160								
		121-140								
		111-120								
		101-110						1		
		91-100						2		
		81-90								
<p>Alert awake & responding, eyes open</p>	A Alert awake & responding, eyes open 	71-80								
		61-70						2		
		51-60								
		a20								
		<p>Confusion New onset of confusion (Do not score if chronic)</p>	C Confusion New onset of confusion (Do not score if chronic) 	a121					2	
				121-120						
				111-120						
				101-110						
				91-100						1
81-90										
71-80										
61-70										
51-60										
a20										
<p>Verbal moves eyes / limbs or makes sounds to voice</p>	V Verbal moves eyes / limbs or makes sounds to voice 	Alert								
		Confusion								
		V								
		P								
		U								
<p>Pain responds only to painful stimuli</p>	P Pain responds only to painful stimuli 	Alert								
		Confusion								
		V								
		P								
		U								
<p>Unresponsive unconscious</p>	U Unresponsive unconscious 	a39.1					2			
		28.1-29.0*						1		
		27.1-28.0*								
		26.1-27.0*								
		25.1-26.0*						1		
		a25.0*						2		
NEWS TOTAL										
Next observation due (Min/Sec)										
Escalation of care 10%										
Initials										

Photocopy this page if admitting/transferring resident or upload to ambulance EPR

The full RESTORE2 Charts are available via this link:

<https://westhampshireccq.nhs.uk/wp-content/uploads/2020/02/CS49286-RESTORE2-full-version.pdf>

