





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 presentataions of both Module 2 https://youtu.be/suqGpcnB5Pc are available if you follow the links. The presentataion 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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- 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 <u>Managing deterioration using NEWS</u> 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	(
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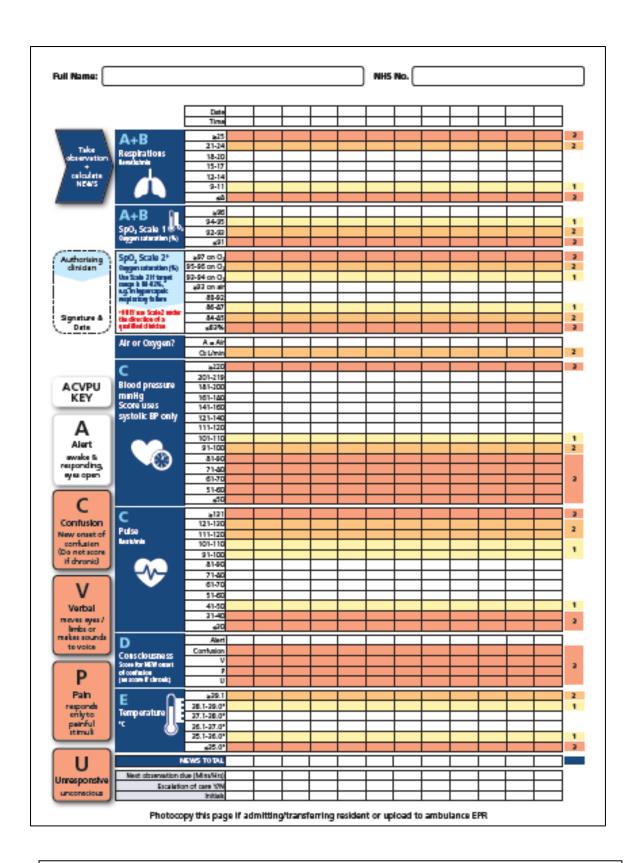
1.	What 2 main things are your responsibility after taking a resident's vital signs?							
2.								
	b) 36°C							
	c) 37°C							
	d) 38°C							
3.	. When the skin tries to warm us up which of the following are true? (tick al that apply)							
	a) Hairs on the skin stand up							
	b) Blood vessels 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.	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							

Appendix 1

Example Vital Signs Recording Charts

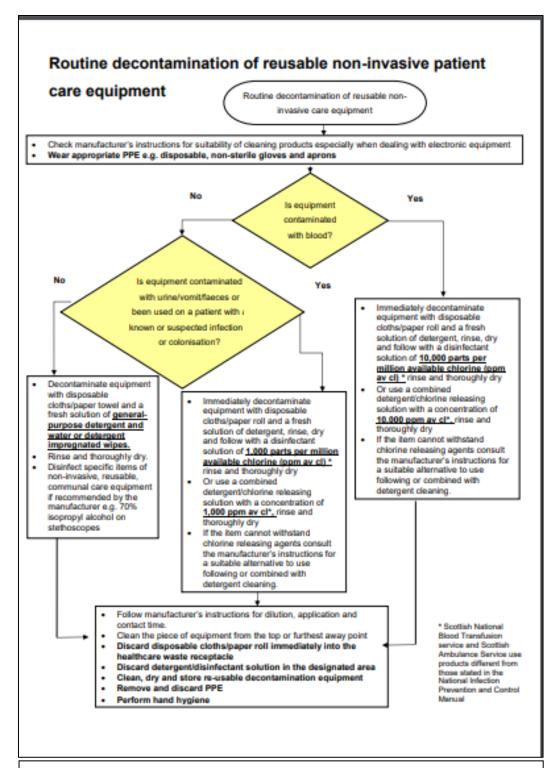
Please record these three times a day

	Days since first symptoms*		Oxygen level %	Temperature*	Feeling: better/same/ worse	Breathing: better/same/ worse
Day	Time	1				
Baseline	reading					



The full RESTORE2 Charts are available via this link:

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



This guidance can be downloaded from:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment_data/file/877533/Routine_decontamination_of_reusable_noninva sive_equipment.pdf