


S

Seems different to usual

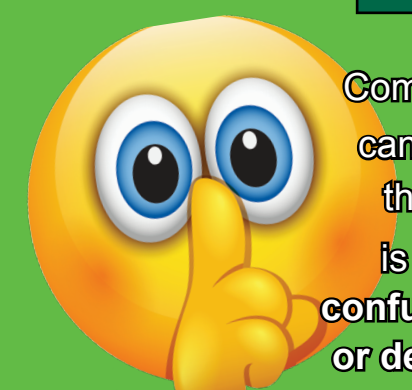
No matter how small the change, think: **'Stop & Watch'**



T

Talks or communicates less

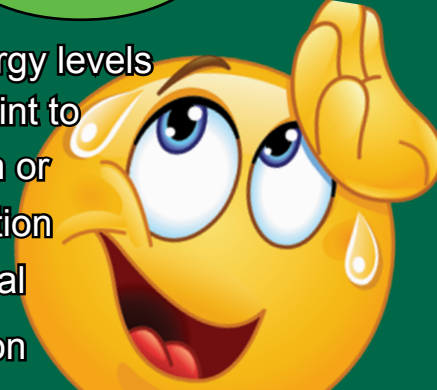
Communication can be a sign that a person is becoming **confused, tired or depressed**



O

Overall needs more help

Low energy levels can point to infection or deterioration in medical condition



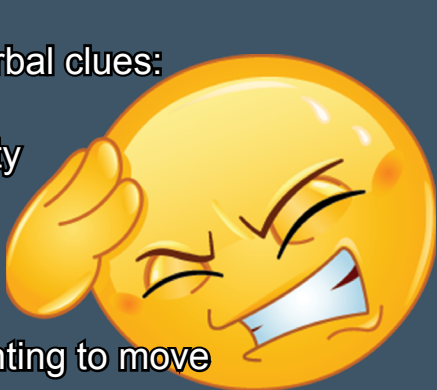
P

Pain (new or worsening)

Participating less in activities

Non-verbal clues:

- Fidgety
- Agitated
- Not wanting to move




A

Ate less

Lack of appetite

Changes in eating habits



N

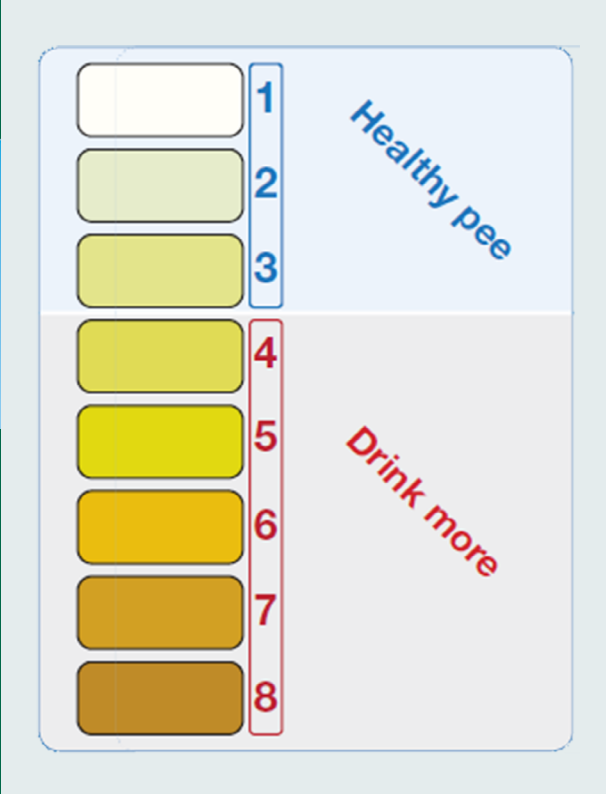
No bowel movement in 3 days or diarrhoea



D

Drank less

Monitor using a hydration chart

EARLY WARNING TOOL

“Stop and Watch”

If you have identified an important change while caring today, please circle it below and discuss it with the nurse/supervisor before the end of your shift, or talk to your health lead.

Name of resident: _____

Seems different to 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)
No bowel movement in 3 days, or diarrhoea
Drunk less than usual

Weight change
Agitated or nervous more than usual
Tired, weak, confused or drowsy
Change in skin colour or condition
Help with walking/transferring/toileting more than usual

Staff: _____
Reported to: _____
Date: _____ Time: _____

W


Weight change



Losing weight without trying

A


Agitated or more nervous than usual



- Fidgety
- Tearful
- Aggressive
- Withdrawn


T

Tired, weak, confused or drowsy



C


Change in skin colour or condition










Rashes & yellowing of skin or eyes

H

Help with walking, transferring or toileting more than usual



Bristol Stool Chart		
Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely liquid

Produced by: North Cumbria Health & Care System

Learning Disabilities Mortality Review (LeDeR) Programme

North East and Cumbria learning disability network

Carers can spot the signs

Recognising Deterioration Early Warning Tool