

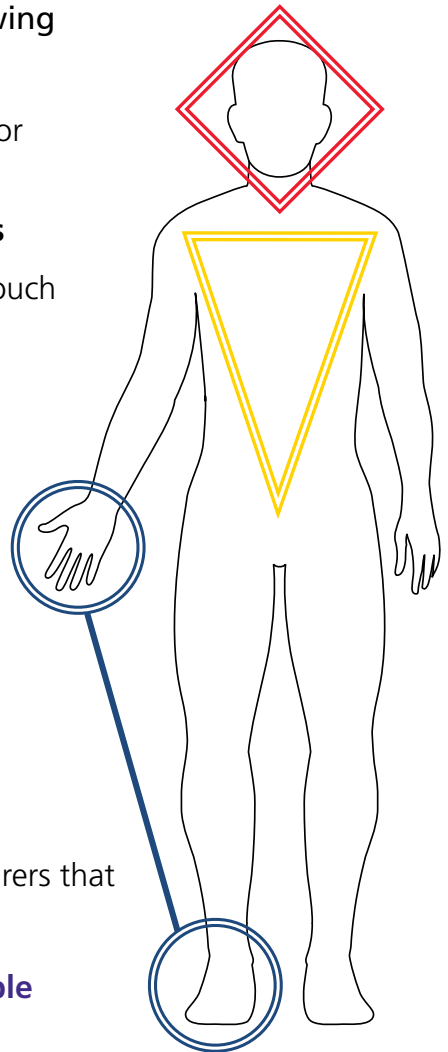
Ask your client – how are you today?

Does your client show any of the following **'soft signs'** of deterioration?

- Increasing **breathlessness**, **chestiness** or **cough/sputum**
- Change in **usual drinking / diet habits**
- A **shivery fever** – feel **hot or cold** to touch
- Reduced mobility – **'off legs'** / less co-ordinated or **muscle pain**
- New or increased confusion / agitation / anxiety / pain
- Changes to usual level of **alertness / consciousness / sleeping** more or less
- Extreme tiredness** or **dizziness**
- 'Can't pee'** or **'no pee'**, change in pee appearance
- Diarrhoea, vomiting, dehydration**

Any **concerns** from the client / family or carers that the person is not as well as normal.

If purple signs are present, think possible COVID-19.



If YES to one or more of these triggers – take action!

Get your message across

Client name:

NHS No.

D.O.B.

Raise the Alert within your organisation e.g. to a senior carer, supervisor or manager. **Report your concerns** to a health care professional e.g. Nurse/ GP/GP HUB/111/999 **using the SBARD Structured Communication Tool.**

S

Situation e.g. what's happened? How are they?

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? (including any Treatment Escalation Plan & further observations)

Key prompts / decisions

Name of person completing:

Signature:

Today's date:

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