



## Inodaya Hospitals -Kakinada

Documentationcode:

INH/AAC.-Doc.No:12

### Policy on Detecting early warning signs of clinical deterioration

Prepared Date: 05/09/2023

Issue date: 05/09/2023

Reference: AAC.5.e.NABH Standards – 5<sup>th</sup> Edition

Issue No:2

Review NO:01

Review Date: 04/09/2024

#### 1. Purpose

Following this procedure will help the Trust to:-

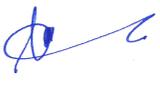
- Standardize practice for all clinical staff in the early recognition and response in the deteriorating patient.
- Facilitate early detection by using the Early Warning Score (EWS) tool for the appropriate and timely management of clinical deterioration.
- Reduce clinical risks associated with inappropriately managed clinical conditions

#### 2. Who this procedure applies to

This clinical procedure applies to all clinical staff employed by **INODAYA Hospitals Kakinada** and working within inpatient settings including the care delivered to adults.

##### 2.1 Roles and Responsibilities

Role	Responsibility
Medical Director	Responsible for the development, review and monitoring of this procedure and practice standards in physical healthcare and for the provision of appropriate training and education to support the delivery of physical healthcare.
Medical Staff (including Physical Healthcare Practitioners where available)	<ul style="list-style-type: none"><li>• Reviewing Early Warning Score charts on a regular basis.</li><li>• Discuss frequency of recording and requirements to re-set individual patient triggers as part of treatment/care formulation and Multi-Disciplinary Team (MDT) report outs.</li><li>• Responding to any staff concerns and to see the patient:- If the score remains 1-4 after hours</li><li>• Immediately if score 5 and above on call medical staff if not on site must respond promptly and consider</li></ul>

Prepared by: 	Verified by: 	Approved by: 
Dr. D.N.S. Prakash	Mrs. G.. Lakshmi Lavanya	Dr. G. Rammohan
Medical Director	Accreditation Coordinator	Managing Director



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	advising staff to call emergency services if appropriate. Attend relevant training to this procedure.
Ward Managers /Nurse Supervisors	Ensuring that staff has appropriate training and that the National Early Warning Score process is adhered to and that the National Early Warning Score is discussed regularly at report outs/ward rounds. Attend relevant training to this procedure.
Registered Nurses	<ul style="list-style-type: none"><li>• Ensure the appropriate completion of the Early Warning Scores as per this procedure.</li><li>• Follow the procedure for escalating high scores</li><li>• Attend relevant training to this procedure.</li></ul>

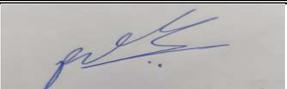
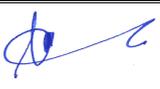
### 3. Procedure

#### 3.1 Introduction:

Physical health deterioration can occur at any stage of a patient's pathway. Such as

- During the onset of infection or illness
- During procedures
- During changes of medication
- After a fall
- During a period of deterioration of their mental health
- During an exacerbation of a physical long term condition e.g. Diabetes, Chronic Obstructive Pulmonary Disease (COPD), Cardio Vascular Disease (CVD)

Patients who physically deteriorate present with abnormalities that are detectable by simple measurement of physiological observations. Vigilant clinical

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staff who are retrained to recognize and respond to these signs, can prevent further deterioration.

### 3.2 Background to the Development of the Early Warning Score

This standardized approach was created to enable a process of recording, scoring, recognizing and responding to changes and/or deterioration in patients with acute illness.

The effectiveness of embedding a Early Warning Score system is based on two assumptions: -

- a. Registered Nurses have the knowledge and skills to regularly record physiological observations using an agreed EWS observation chart.
- b. If a patient deteriorates, the Registered Nurse must escalate physical healthcare concerns appropriately according to the Early Warning Score system

Benefits of using a Early Warning Scoring system: -

- Improve the quality of patient observation and monitoring
- Improves communication
- Allows for timely discussions to support clinical judgement
- Aids securing appropriate assistance for poorly patients
- Gives a good indication of physiological trends
- Provides a sensitive indicator of abnormal physiology

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### 3.3 What is the Early Warning Score:

The Early Warning Score is based on a simple scoring system in which a score is allocated to six physiological observations (see below). Each individual observation generates a score. When all six scores are added together, this provides the overall EWS which is set to trigger when a patient is acutely unwell or has abnormal physiology

Physiological observation	How to measure	How to record
Respiration Rate	Count respirations for 1 minute. Try not to let patient know you are counting as this may affect rate.	Enter rate in numbers.
Oxygen Saturations (Sats / SpO <sub>2</sub> )	Using pulse oximeter.	Enter percentage Enter tick for patient on O <sub>2</sub>
Temperature	Using digital equipment: tympanic thermometer or non-contact infrared digital thermometer.	Enter actual figures
Systolic Blood Pressure (BP)	Using digital or manual equipment (the NEWS is calculated using the systolic reading - the top number).	Enter actual figures
Heart Rate (Pulse)	Heart rate and rhythm is recorded manually by counting the beats felt at the wrist for one minute. Although a digital BP and Sats monitor will record a heart rate, manual recording is the preferred standard.	Enter actual figures. Indicate regular rate (r) and irregular with (i)

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Level of Consciousness(ACVPU = Alert, New Confusion, Voice, Pain, Unresponsive)	The patient is alert. The patient displays new confusion or agitation. <b>V-</b> The patient responds to verbal stimulation. <b>P-</b> The patient responds to painful stimulation (squeeze part of the trapezius muscle in the patient's shoulder). <b>U-</b> The patient is completely unresponsive.	Tick appropriate box
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#### EARLY WARNING SCORES – ADULT

Physiological Parameters	3	2	1	0	1	2	3
Respiratory Rate (per min)	≤ 8		9-11	12-20		21-24	≥ 25
SpO <sub>2</sub> Scale Saturation 1 (%)	≤ 91	92-93	94-95	≥ 96			
SpO <sub>2</sub> Scale Saturation 2 (%)	≤ 83	84-85	86-87	88-92 ≥ 93 on air	93-94 on Oxygen	95-96 on Oxygen	≥ 97 on oxygen
Air or oxygen?		Oxygen		Air			

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Temperature(°C)	≤35.0		35.1-36.0	36.1-38.0	38.1-39.0	≥39.1	
Systolic BP(mmHg)	≤90	91-100	101-110	111-219			≥220
Heart Rate/Pulse(permin)	≤40		41-50	51-90	91-110	111-130	≥131
Level of Consciousness (Response to)				A			CVPU

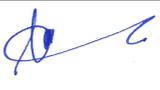
**(A: The patient is Alert**

**C: The patient displays new or increased Confusion /New disorientation or new agitation.**

**V: The patient response to Verbal Stimulation only P: The**

**patient response to Painful al Stimulation**

**only U: The patient is completely unresponsive)**

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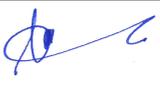
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EWSCORE	Clinicalrisk	Response
Aggregatescore0–4	Low	Ward-basedresponse
RedscoreORScoreof3in any individualparameter	Low–medium	Urgent ward-based response by a clinician or teamwithcompetenceintheassessmentandtreatment of acutely ill patients and in recognizingwhentheescalationofcareto a criticalcareteam isappropriate
Aggregatescore5–6	Medium	Key threshold for urgent response by a clinician or team with competence in the assessment andtreatmentof acutelyillpatients andinrecognizingwhen the escalation of care to a critical care teamis appropriate
Aggregatescore7or more	High	Urgent or emergency response team must alsoincludestaff withcriticalcareskills,including airway management Or activation of MET/ RapidResponseTeam

EWScore	Frequency ofmonitoring	Clinicalresponse
0	Minimum12hourly	ContinueroutineEWSmonitoring
Total1-4	Minimum4–6hourly	<ul style="list-style-type: none"> <li>Inform registered nurse, who must assessthepatient.</li> <li>Registerednursedecideswhetherincreased frequency of monitoring and/or escalation ofcareisrequired</li> </ul>

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3 in Single Para meter	Minimum 1 hourly	Registered nurse to inform medical team caring for the patient, who will review and decide whether escalation of care is necessary
Total 5 - 6 Urgent response Threshold	Minimum 1 hourly	<ul style="list-style-type: none"> <li>Registered nurse to immediately inform the medical team caring for the patient.</li> <li>Registered nurse to request urgent assessment by a clinician or team with core competencies in the care of acutely ill patients.</li> <li>Provide clinical care in an environment with monitoring facilities.</li> </ul>
Total 7 or More Emergency response Threshold	Continuous monitoring of Vital Signs.	<ul style="list-style-type: none"> <li>Registered nurse to immediately inform the medical team caring for the patient /activating the MET or Rapid Response team by calling "9".</li> <li>Emergency assessment by a team with critical care competencies, including practitioner(s) with advanced airway management skills.</li> <li>Consider transfer of care to a level 2 or 3 clinical care facility, ie higher-dependency unit or ICU.</li> <li>Clinical care in an environment with monitoring facilities</li> </ul>

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### EARLYWARNINGSCORES –OBSTETRIC

SCORE	0	1	2	3
CONSCIOUSLEVEL	Alert	Responds to voice	Response to pain	Unresponsive
RESPIRATION (Breaths/min)	9-20	21-24	25-29	<8OR>30
PULSE (Beats/min)	60-100	101-110	41-60OR 111 TO129	<40OR>130
SYSTOLICBP (mmofhg)	100-140	141-160	91TO99	<90OR>161
DIASTOLICBP (mmofhg)	70To 90	91TO99	100 TO109	<40OR>110
TEMPERATURE (°C)	36 -37	≤35.5OR ≥37.5	≤35OR ≥38	<34.5OR >39
O <sub>2</sub> SATURAT ION(%)	>96	94-95	91-94	<90

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URINE OUTPUT	Has passed urine in last 4hrs	Has not passed urine in last 3 hrs	Has not passed urine in last 4 hrs	Has not passed urine in last 6 hrs
URINE PROTEIN	No	+	++	≥+++
AMNIOTIC FLUID	Clear/Pale	Red/Mild Green	Dark green	Foul smelling
FHR	120-160b/min	110-120/160-170	<100->170	<90 and >180
UTERUS	firm and well contracted uterus	High fundus, bleeding continues when massage is stopped	Flaccid and boggy uterus	Atonic uterus
BLEEDING	Minimal bleeding	Moderate bleeding >500ML .H/O bleeding disorders, Looks unwell	Large clots and >1000ML	Severe bleeding with >1500ml

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### 3.4 Recording the Early Warning Score.

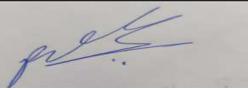
#### 3.4.1 Documentation:

- To facilitate standardization of recording, a color coded EWS chart must be completed.
- New Early Warning Score Chart (Adults) all entries must be dated and time recorded in the 24 hours format.

#### 3.4.2 Frequency of Monitoring

As a standard the following principles when deciding the frequency of recording EWS, however each patient should be assessed on an individual basis.

- The EWS **must** be completed for all patients on admission to Inpatient Units including ICU's, HDU and wards in order to establish a baseline. All patients will have EWS recorded twice daily until reviewed by the Rapid Response Team / MET team.
- The Rapid Response Team / MET team and/or Primary Consultant / Treating consultant / consultant will agree frequency of monitoring which will form part of an individual intervention plan.
- Increase the frequency of monitoring when a patient displays any change in physical or mental health giving cause for concern.
- Increase the frequency of monitoring in accordance with the table on the back of the EWS chart.
- For patients confirmed to have hypercapnic respiratory failure prior to ordering their current hospital admission, and are requiring supplemental oxygen, a prescribed oxygen saturation target range of 88-92% is recommended. In such circumstances the dedicated SpO<sub>2</sub> scoring scale (Scale 2) on the EWS chart should be used to record and score the oxygen saturation for the EWS.

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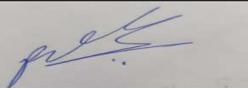
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- The decision to use Scale 2 should be made by a competent clinical decision maker and should be recorded in the patient's clinical notes.
- In all other circumstances, the regular EWS SpO<sub>2</sub> (Scale 1) should be used.
- For the avoidance of doubt, the SpO<sub>2</sub> scale not being used should be clearly crossed out on the chart

#### 3.4.3 Additional Considerations when Monitoring and Interpreting EWS

- Always consider the patient's normal baseline observations and the views of the clinical team to assist your clinical judgement.
- Remember the NEWS is only one way of detecting early deterioration in a patient's physical health. There are other scoring systems such as the Glasgow Coma Scale (GCS)
- EWS should be calculated even if all six physiological observations cannot be measured as individual scores can also be an early warning sign of deterioration.
- Patients may refuse to have their physiological observations measured for a variety of reasons. This should be recorded on the EWS chart and further monitoring attempts must be recorded in Physical Health case-note.
- It is important to clearly document and report a recorded high blood pressure to a member of the medical team for further review (over 140/90 although this may not trigger a score on the EWS chart). Medical staff and/or Doctors to follow cardiovascular risks (Hypertension and High Cholesterol) Guideline for treatment advice
- **Consider Sepsis (infection) as a cause for deterioration.** Sepsis is a life-threatening condition that arises when the body's response to an infection injures its own tissues and organs. Sepsis affects all age groups and can present in any clinical area therefore staff vigilance is critical.

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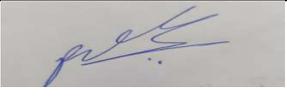
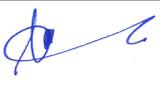
Signs of Sepsis include:

- Slurred speech
  - Extremes muscle pain
  - Passing urine
  - Severe breathlessness
  - I “feell might die”
  - Skin mottled or discolored
  - Assess temperature, heart rate, respiratory rate, blood pressure, level of consciousness and oxygen saturation in young people and adults with suspected sepsis and complete the EWS.
- If EWS is 5 or above THINK SEPSIS and escalate accordingly
  - Examine people with suspected sepsis for mottled or ashen appearance, cyanosis of the skin, lips or tongue, non-blanching rash of the skin, any breach of skin integrity (for example, cuts, burns or skin infections) or other rash indicating potential infection

### 3.5 Interpretation and Response to EWS

#### 3.5.1 Interpretation of EWS

- Once the physiological observations have been recorded and documented on the appropriate EWS chart, an individual score for each of the six physiological observations is generated which when added together will provide the overall Early Warning Score. The EWS system categories and colour codes the scores as either:-

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Low score (Yellow)	Colours represent severity of decline in physical health and should determine urgency of clinical response.
Medium score (Orange)	
High score (Red)	

- A table representing the EWS scoring system can be found on the back page of each of the appropriate EWS chart. If there is any doubt about the score seek additional guidance from a medical or nursing colleague or Quality Department
- A single score of 3 on one of the six physiological observations **must** trigger urgent medical attention.
- Patients receiving supplementary oxygen at the time of monitoring should have 2 added to the overall Early Warning Score. Oxygen can be applied in an emergency situation if oxygen saturation is 93% or less. This should be administered using a non-re-breathe mask (with reservoir at 15 liters per minute). In an emergency situation oxygen may be administered under the [Protocol for Administration of Oxygen in an Emergency Situation](#) by any member of staff who has undertaken First Response Training. The Ambulance Service must be called when a patient requires emergency oxygen.
- If a patient displays new confusion, which includes disorientation, agitation, delirium, or any new alteration to mental state at the time of monitoring, a 3 should be added to the overall Early Warning Score

### 3.5.2 Response to EWS Total

A Early Warning Score total may hit a agreed threshold and trigger a response. There are agreed clinical responses for overall scores (see back of EWS chart).

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Should the score trigger a response and if you are concerned, there are 3 additional considerations that can be made and should be documented on Paris (see below):

#### Additional Considerations if NEWS Triggers

Pain assessment (ask the patient)

BM (blood glucose)

Passed urine (ask the patient)

Document response on the EWS chart (escalation plan)

### 3-5-3 Principles for Using Situation, Background, Assessment, Recommendation and Decision (SBARD) Tool within NEWS Procedure

- When communicating concerns with another member of staff, the SBARD tool should be used as standard and documented in the Physical Health Case Note/Case Sheet.
- The SBARD tool is based on the following principles:
  - This is a nationally recognized tool for rapid, effective communication during urgent situations.
  - The tool has been incorporated onto the back page of each of the EWS charts.
  - Inadequate verbal or written communication is recognized as being the most common root cause of serious clinical errors. Therefore including a recognized communication tool within a EWS chart is critical.

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- Using the SBARD tool can help prevent breakdowns in verbal and written communication by building a common language platform for communicating critical events, thereby reducing barriers to communication between healthcare professionals.

**3.6 Recognize and Respond to the Deteriorating Patient: Quick Reference Guide** The standards for recognizing and responding to the deteriorating patient have been incorporated into a visual quick reference guide to be displayed within inpatient areas (clinic room). This can also be used as a tool when supporting staff with implementing the procedure (Appendix 2).

#### 4. Definitions

Term	Definition
Ambulatory	Capable of walking and not bedridden.
Cardio Vascular Disease (CVD)	CVD is a general term that describes a disease of the heart or blood vessels. Blood flow to the heart, brain or body can be reduced as the result of a blood clot (thrombosis), or by a build-up of fatty deposits inside an artery that cause the artery to harden and narrow (atherosclerosis). There are four main types of CVD: coronary heart disease, stroke, peripheral arterial disease and aortic disease.
Chronic Obstructive Pulmonary Disease (COPD)	COPD is the name for a collection of lung diseases including chronic bronchitis and emphysema. People with COPD have difficulty breathing, primarily due to the narrowing of their airways.

Prepared by: 	Verified by: 	Approved by: 
Dr. D.N.S. Prakash	Mrs. G.. Lakshmi Lavanya	Dr. G. Rammohan
Medical Director	Accreditation Coordinator	Managing Director



## Inodaya Hospitals -Kakinada

Documentationcode:  
INH/AAC.-Doc.No:12

### Policy on Detecting early warning signs of clinical deterioration

Prepared Date: 05/09/2023

Issue date: 05/09/2023

Reference: AAC.5.e.NABHStandards- 5<sup>th</sup> Edition

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Review NO:01

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Diabetes

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. There are two main

Prepared by: 	Verified by: 	Approved by: 
Dr.D.N.S.Prakash	Mrs.G..Lakshmi Lavanya	Dr.G.Rammohan
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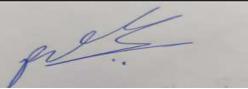
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	types of diabetes – type 1 diabetes and type 2 diabetes
Early Warning Score (EWS)	The Early Warning Score is based on a simple scoring system in which a score is allocated to six physiological observations. Each individual observation generates a score. When all six scores are added together, this provides the overall National Early Warning Score which is set to trigger when a patient is acutely unwell or has abnormal physiology.
Glasgow Coma Scale (GCS)	The Glasgow Coma Scale or GCS is a neurological scale that aims to give a reliable, objective way of recording the conscious state of a person for initial as well as subsequent assessment.
Neuroleptic Naive	A person who has never taken antipsychotic medication before.
Parenteral Administration	Taken into the body or administered in a manner other than through the digestive tract, as by intravenous or intramuscular injection.
Physiological Observation	Physiological observations are essential requirements for patient assessment and the recognition of clinical deterioration.
Sepsis	Sepsis is a life-threatening condition that arises when the body's response to an infection injures its own tissues and organs. Sepsis can lead to septic shock, multiple organ failure and death especially if not recognized early and treated promptly.

<b>Prepared by:</b> 	<b>Verified by:</b> 	<b>Approved by:</b> 
<b>Dr. D.N.S. Prakash</b>	<b>Mrs. G. Lakshmi Lavanya</b>	<b>Dr. G. Rammohan</b>
Medical Director	Accreditation Coordinator	Managing Director



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Situation, Background, Assessment, Recommendation and Decision (SBARD) communication tool	Nationally recognized tool for rapid, effective communication during urgent situations.
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- Royal College of Physicians (2012) National Early Warning Score (NEWS). Standardizing the assessment of acute-illness severity in the NHS. Report of a Working Party
- Royal College of Physicians (2017) National Early Warning Score (NEWS) 2. Standardizing the assessment of acute-illness severity in the NHS. Updated Report of a Working Party: Executive Summary and Recommendations

<b>Prepared by:</b> 	<b>Verified by:</b> 	<b>Approved by:</b> 
<b>Dr. D.N.S. Prakash</b> Medical Director	<b>Mrs. G. Lakshmi Lavanya</b> Accreditation Coordinator	<b>Dr. G. Rammohan</b> Managing Director



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#### RAPIDRESPONSETEAM:/METTeam

All though based on patient's age, physiological parameters and Early Warning Score, RN shall appropriately respond and shall escalate the issue to the CONSULTANT/Physician on duty, we have a separate team for identifying early warning signs of clinical deterioration for initiating prompt intervention during their rounds inwards daily.

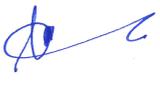
Team members constitute.

1. Intensivist on Duty
2. Doctor on duty
3. Nursing superintendent
4. Incharge Nurse
5. Pharmacist

Annexure: 1 – Early Warning Score sheet  
Annexure: 2 – EWS Monitoring Sheet  
Annexure: 3- Glasgow Coma Scale Chart  
Annexure: 4 - SBAR

#### Document Revision History

DOCUMENT REVISION HISTORY		
Version	Date of issue	Reason for Revision
Original version - 1	10/03/2022	Prepared 5 <sup>th</sup> edition
Revised version - 2	05/09/2023	Periodic revision and update
Revised version - 3		
Revised version - 4		
Revised version - 5		

Prepared by: 	Verified by: 	Approved by: 
Dr. D.N.S. Prakash	Mrs. G..Lakshmi Lavanya	Dr. G. Rammohan
Medical Director	Accreditation Coordinator	Managing Director