

"Soft Signs" Recognising Early If Someone Is Unwell

1 Knowing your resident is 

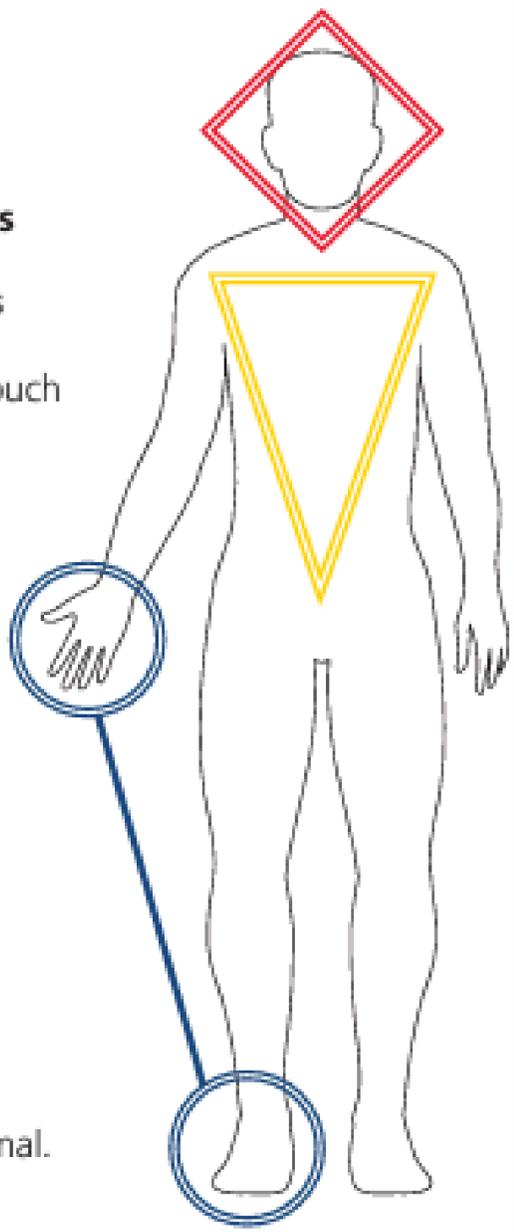
2 What is normal for your resident ?
Where would they like to be treated if they are unwell ?



3 Ask your resident – how are you today?

4 Does your resident show any of the following 'soft signs' of deterioration?

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



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

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

Scan the QR code to discover more about "Soft Signs".



Getting your point across SBARD information



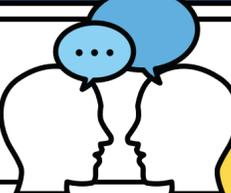
 Early soft signs of deterioration may be a medical emergency

Do not delay - CALL 999 if your resident has:

- Chest pain or suspected heart attack
- Signs consistent with having a stroke **THINK FAST !!**
- Prolonged or new seizure
- A significant injury – e.g. a fracture or a head injury



Early detection and effective communication when a resident is unwell saves valuable time and can prevent unnecessary hospital admissions



Listen to concerns from friends and family that the resident is not as well as normal