

## Activity 4 Assessing patients

### Activity instructions for ambassadors

#### Background

A nurse and midwife's role includes many practical elements. For example, an essential part of the care they would provide to people who are being monitored in hospital, is to take and record regular observations, such as blood pressure, temperature and heart rate. Once the observations have been taken, the nurse or midwife must interpret and accurately record the results to establish if any further action is required. This includes identifying when a patient's condition is in danger of deteriorating.

The National Early Warning Score 2 (NEWS 2) system is a test in which a score is allocated to these observations to identify acutely ill patients, including those with serious conditions like sepsis.

#### The challenge

This activity has been designed to demonstrate how a nurse or midwife would need to interpret data after they have taken observations to identify critically ill patients.

Students are introduced to a patient observation chart and are required to calculate the NEWS 2 score for three people and then identify who we should be most concerned about.

#### What you will need

- A printout of the activity sheet for each group
- A pen for each group
- Copy of the answers and discussion areas

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#### Instructions

- Split the class into groups of 2–3 students
- Give each group an activity sheet
- Briefly explain the NEWS 2 scoring system and how it's used in practice to check if a patient's observations are normal
- Talk students through the observation chart, explaining the physiological measurements, the normal ranges and when urgent assessment/intervention is required
- Ask each group to calculate the NEWS 2 score for each patient for the different time entries, and then identify which patient we should be most concerned about and at what time (guide time of 10 minutes)
- Once the designated time limit is reached, go through the answers and move on to the discussion points below

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#### Answers

1. Calculate the NEWS 2 score for each of the 3 patients at their different time points.

#### Patient A

<b>7am</b>	<b>0</b>	<b>11am</b>	<b>1pt</b> pulse rate above 90	<b>3pm</b>	<b>11pts</b> respiratory rate 8 (3pts), oxygen saturation 82% (3pts), pulse rate 126 (2pts), CVPU pain (3pts)
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#### Patient B

<b>7am</b>	<b>0</b>	<b>11am</b>	<b>1pt</b> oxygen saturations 94%	<b>3pm</b>	<b>3pts</b> oxygen saturations 92% (2pts), pulse rate 95bpm (1pt)
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#### Patient C

<b>7am</b>	<b>0</b>	<b>11am</b>	<b>0</b>	<b>3pm</b>	<b>0</b>
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2. Which patient would you be concerned about and at what time?

**Patient A** at 3pm = over 5 points

