National Early Warning Scores (NEWS) in patients with Eating Disorders

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Objectives

- Background
- Aim of project
- Method
- Results
- Limitations
- Future
Project identified by West of England Academic Health Science Network (WEAHSN) in collaboration with Avon and Wiltshire Mental Health Partnership (AWP)

**NEWS**
- Well-established tool to assess risk of deterioration
- Latest version is NEWS2
- Universal language across all health and care settings
NEWS in patients with Eating Disorders

- Distorted physical observations as a result of their illness
- Focus is often on the mental aspect of their illness
- Individualised triggers on STEPS
- MARSIPAN guidelines (Management of Really Sick Patients with Anorexia Nervosa)
  - Created as many patients with severe anorexia would end up on medical wards
  - Includes BMI, physical examination, muscle power, blood tests and ECG
Aim

- Identify which baseline results are lower in this cohort than general public
- Identify an area for a quality improvement project that can be undertaken in ~3 weeks
- Dependent on what baseline results show
Method

- All patients in the past year that have stayed on STEPS
- Anonymise patients and create spreadsheet for age, sex, length of admission, BMI on admission and discharge, NEWS on admission and discharge
- Using RiO to collect the data then ordered paper files
Results

- NEWS charts in paper files not always well organised
  - Not in correct order
  - In separate sections
  - Year not written
  - Not all sections completed
PDSA cycle

- Co-design poster with 1 patient and 1 member of staff
- A4 poster with tips/notes to help patients and staff
- Short ‘teaching bite’ for staff RE filling out chart
BEAT THE NEWS BLUES

As part of your stay you will regularly have your physical observations measured. These observations include:

- Oxygen saturations (the percentage of oxygen being carried around your body)
- Respiration rate (how quickly you are breathing)
- Temperature
- Alertness
- Blood pressure & Heart rate

These observations are recorded on a sheet called a NEWS chart and are added up to let us know how well/unwell you may be.

The thought of having these done can often be scary but they are an important part of your progress and ensure you don’t need to be admitted to a hospital ward.

Have you:
- Reassured the patient?
- Put the admission date and the current date?
- Included the year?
- Written the whole values rather than using a dot?
- Done all of the observations required?
However...

- Patients did not want to get involved
  - Very important understanding why
- Staff reported they had no issues using the NEWS charts and took on future points for year and all parameters
- No set values to measure before and after
Respiration rate

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<th>Year</th>
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<th>Discharge</th>
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Temperature

Temperature on admission
Temperature on discharge
BMI

10-10.9 11-11.9 12-12.9 13-13.9 14-14.9 15-15.9 16-16.9 17-17.9 18-18.9 19-19.9 20-20.9 21-21.9 22-22.9 23-23.9

on admission  on discharge
Limitations

- 3 weeks was a very short
- Difficulty collecting data as not in one set place
- Data did disprove theory
- Patients did not want to get involved
- Difficult to gain exact numbers for how many NEWS charts filled in correctly
QIP
- Discuss staff perception regarding temperature present findings
- Discuss BMI and NEWS correlation
- Compare NEWS scores to MARSIPAN scores
  - Do blood test results correlate with NEWS scores?

Track BMI in community
I would like to thank

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