

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

Amisha Jakharia-Shah

Under the supervision of Dr Seema Srivastava, Dr Alison Tavaré and Ms Hannah Little



University of  
**BRISTOL**

**NHS**  
**North Bristol**  
NHS Trust

**NHS**  
Avon and Wiltshire  
Mental Health Partnership  
NHS Trust



West of England  
Academic Health  
Science Network

# Objectives

- **Background**
- **Aim of project**
- **Method**
- **Results**
- **Limitations**
- **Future**

# Background

- 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:



Respiration rate (how quickly you are breathing)



Oxygen saturations (the percentage of oxygen being carried around your body)



Blood pressure &  
Heart rate



Temperature



Alertness

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?

## STAFF



University of  
BRISTOL



North Bristol  
NHS Trust



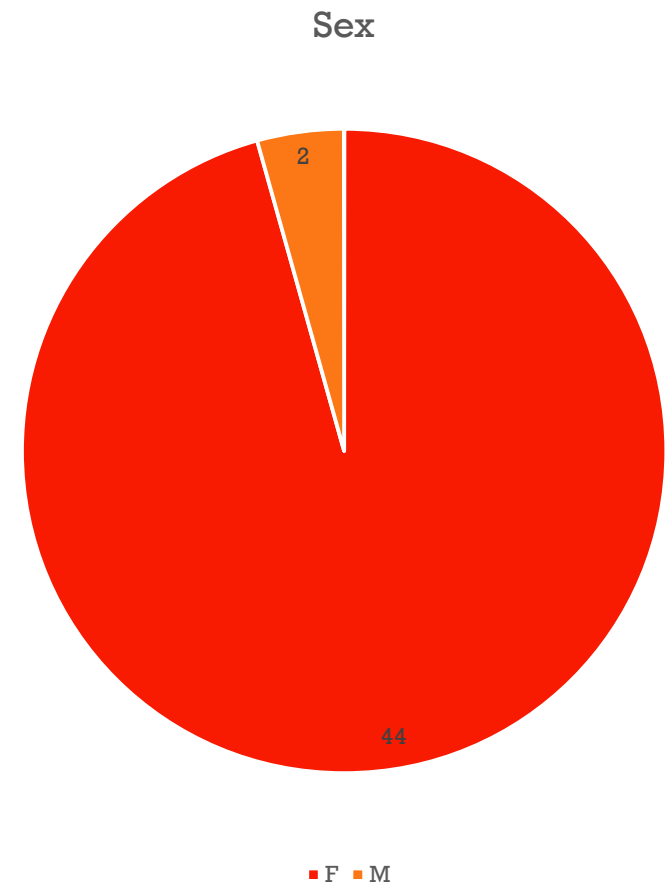
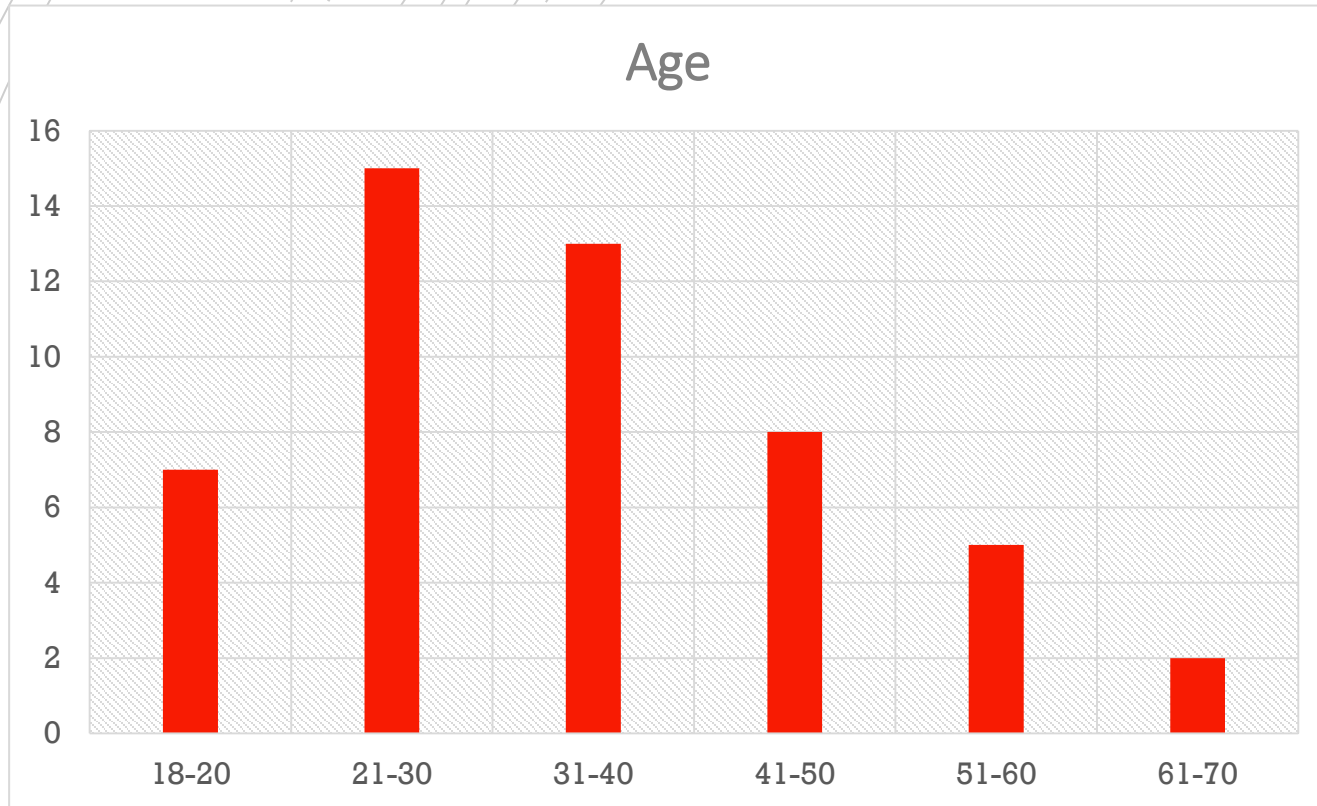
Avon and Wiltshire  
Mental Health Partnership  
NHS Trust



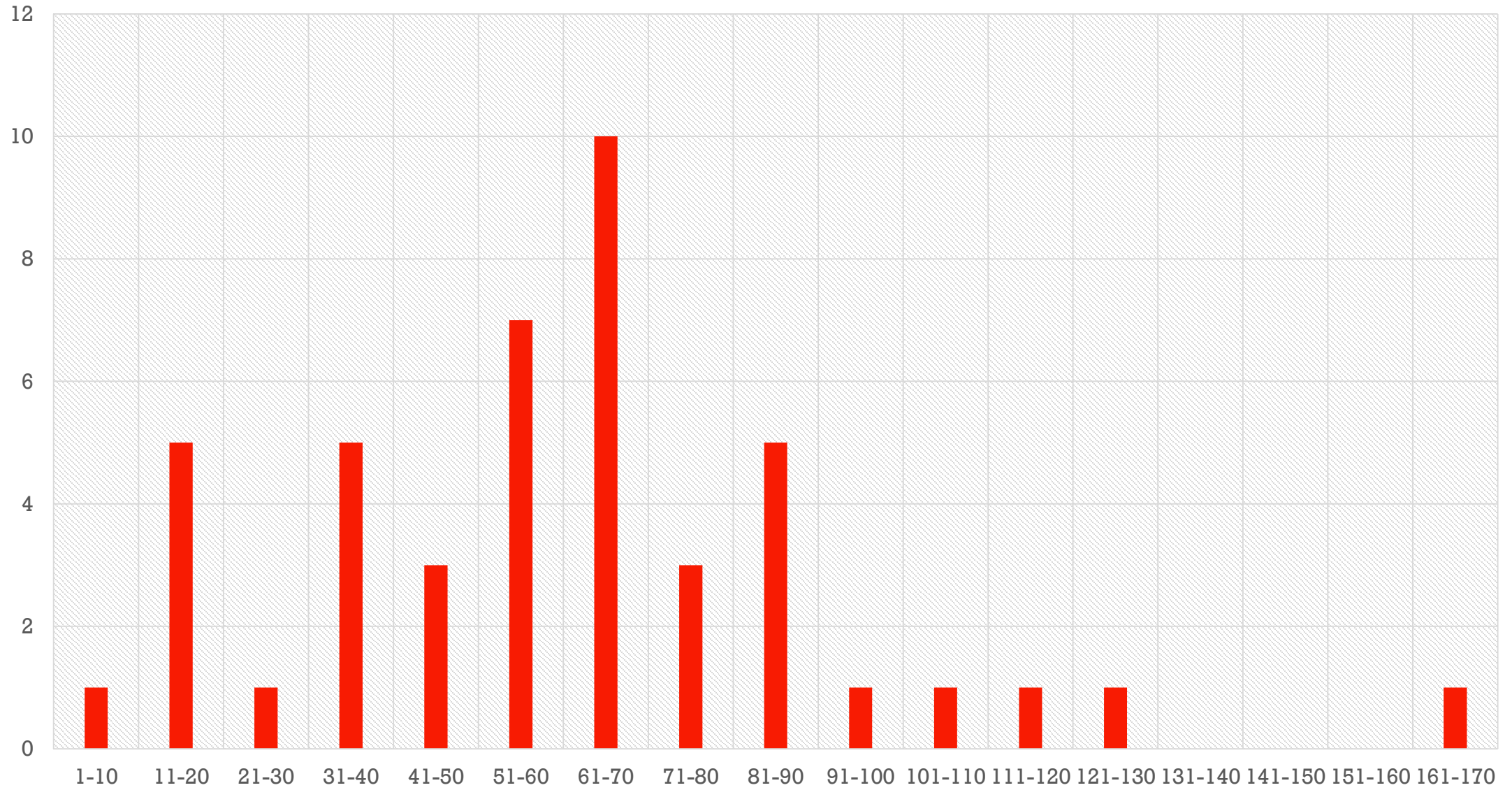
West of England  
Academic Health  
Science Network

However...

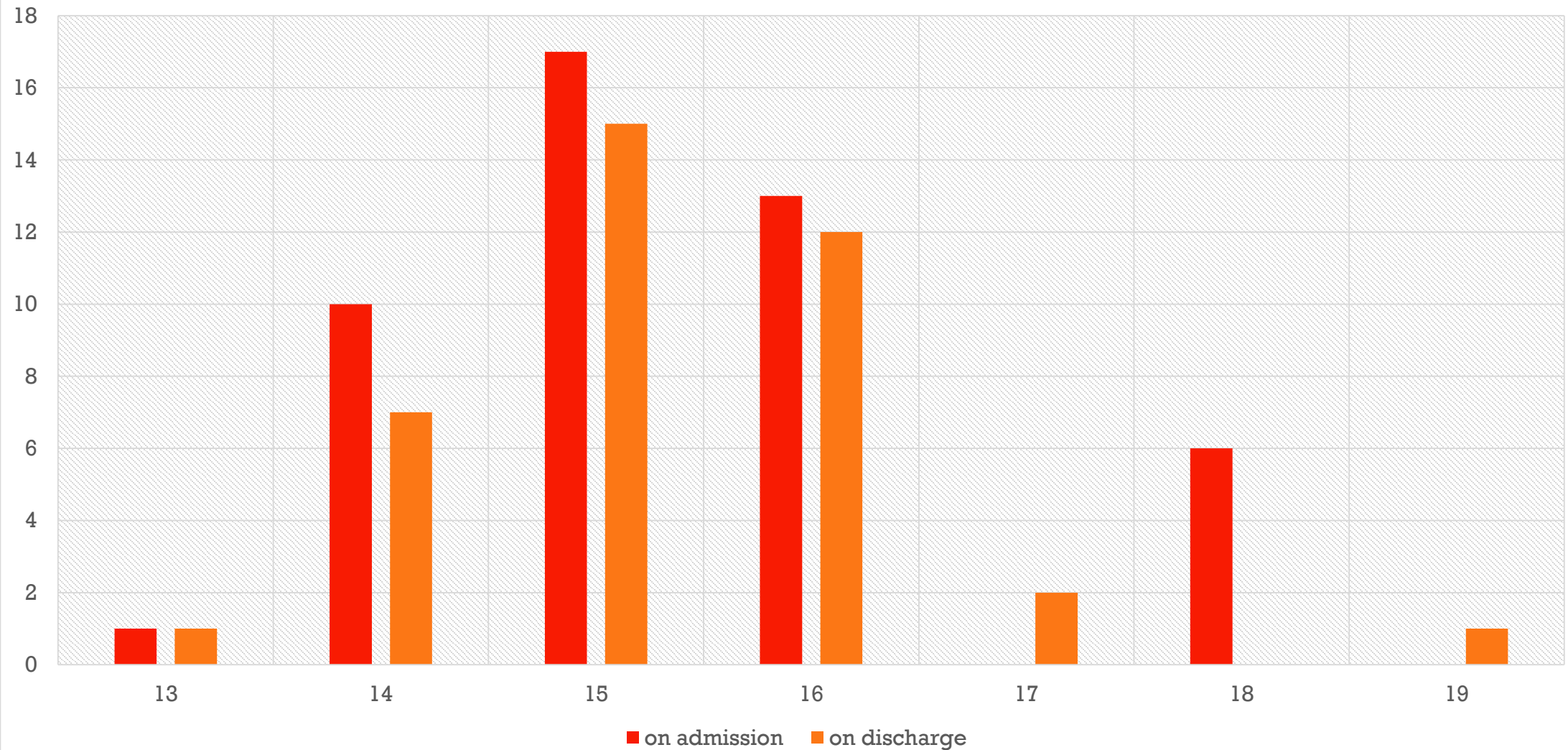
- Patients did not want to get involved
  - Very important understanding why
- Staff reported they had no issues using the NEWS charts and took on future points for year and all parameters
- No set values to measure before and after



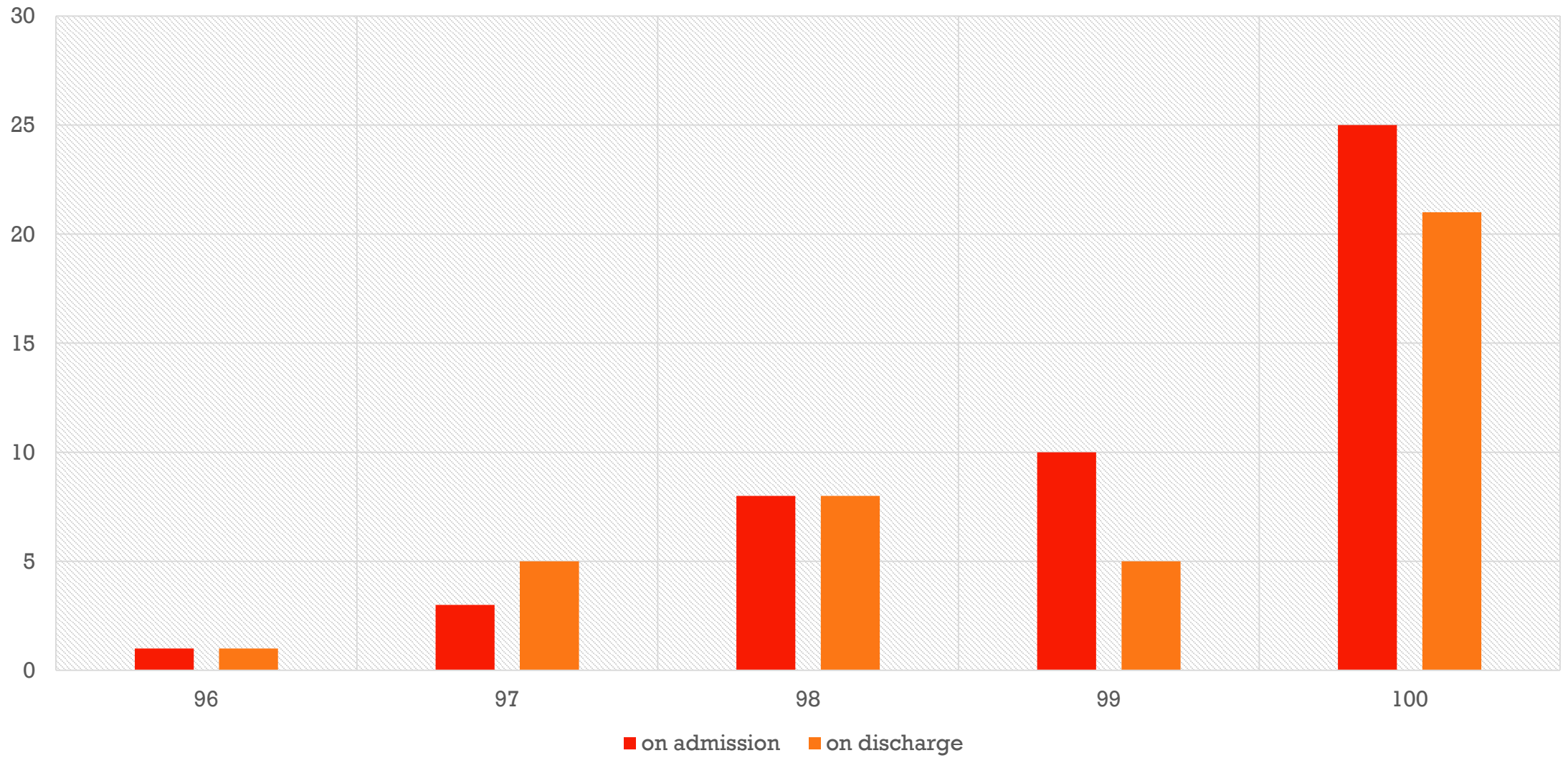
## Length of admission



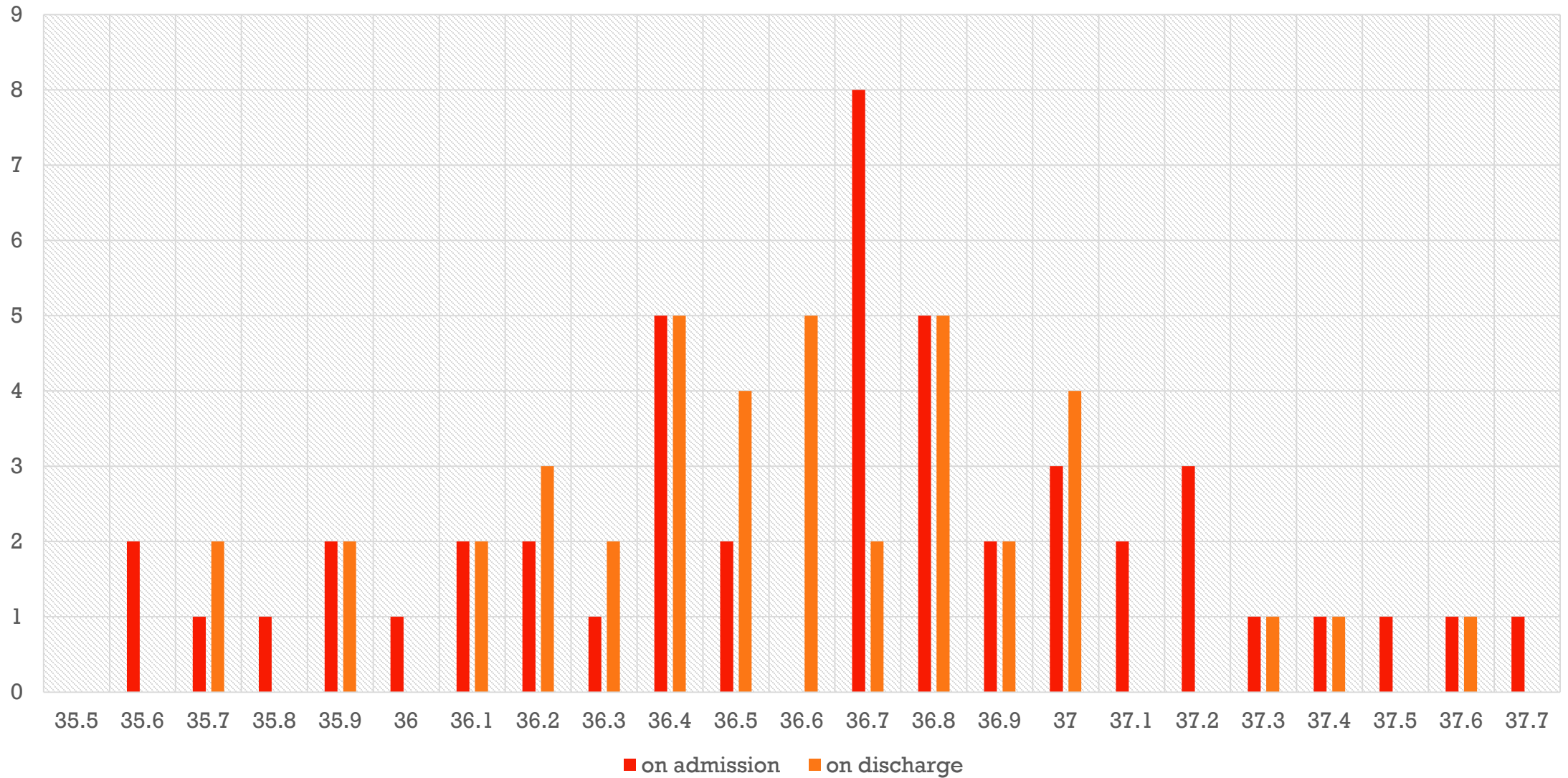
## Respiration rate



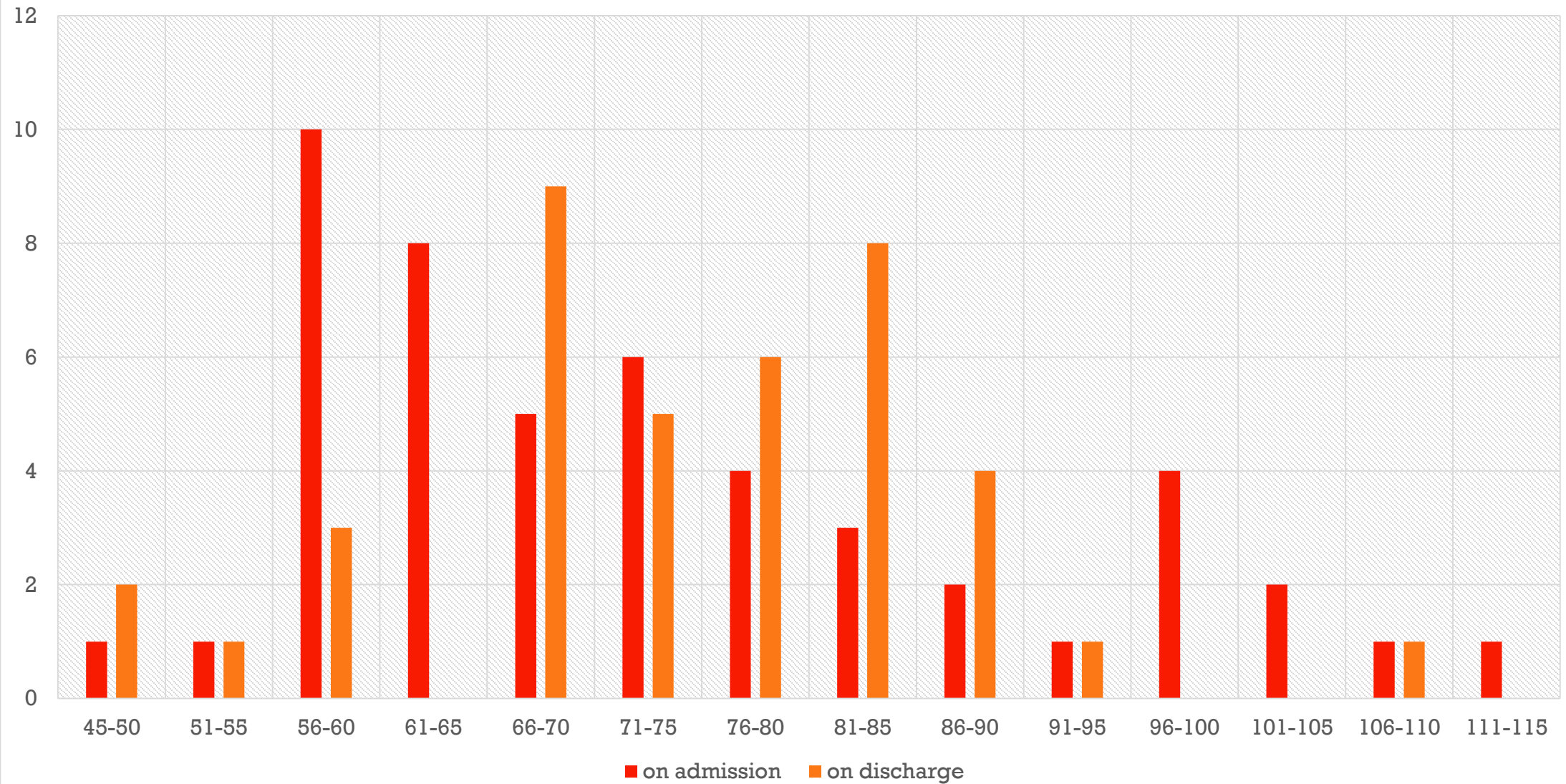
# Oxygen saturation



# Temperature

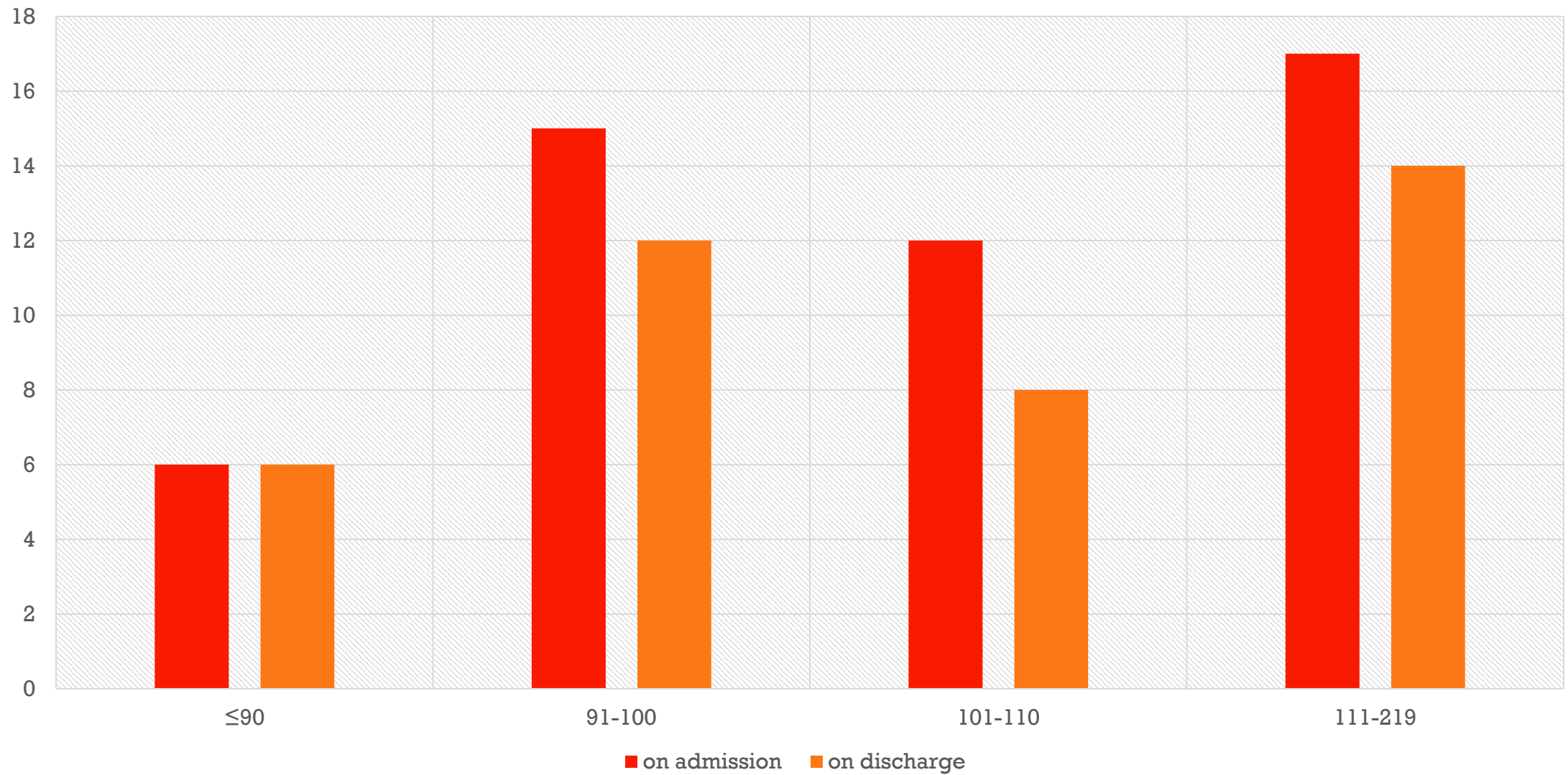


# Pulse

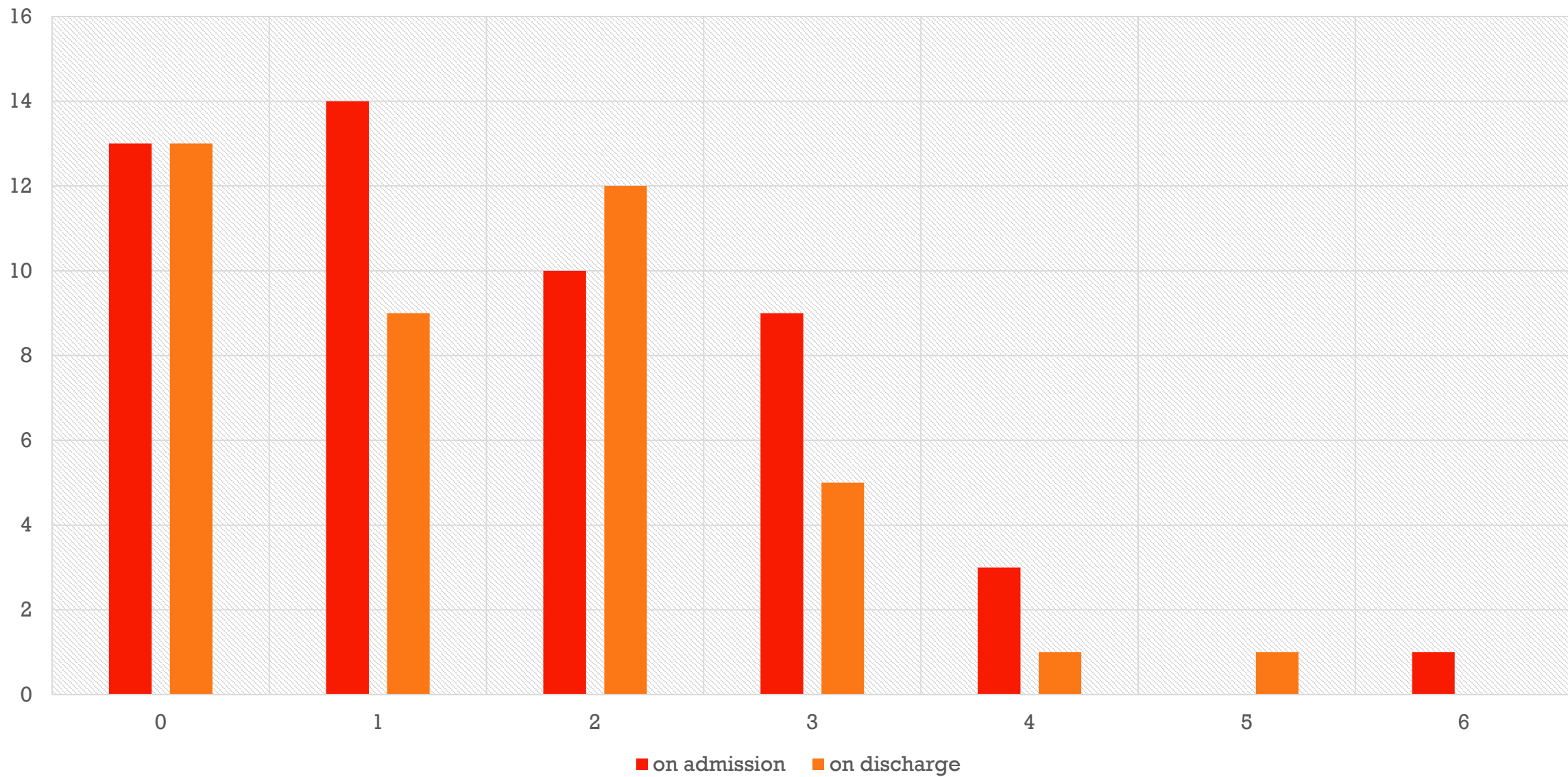




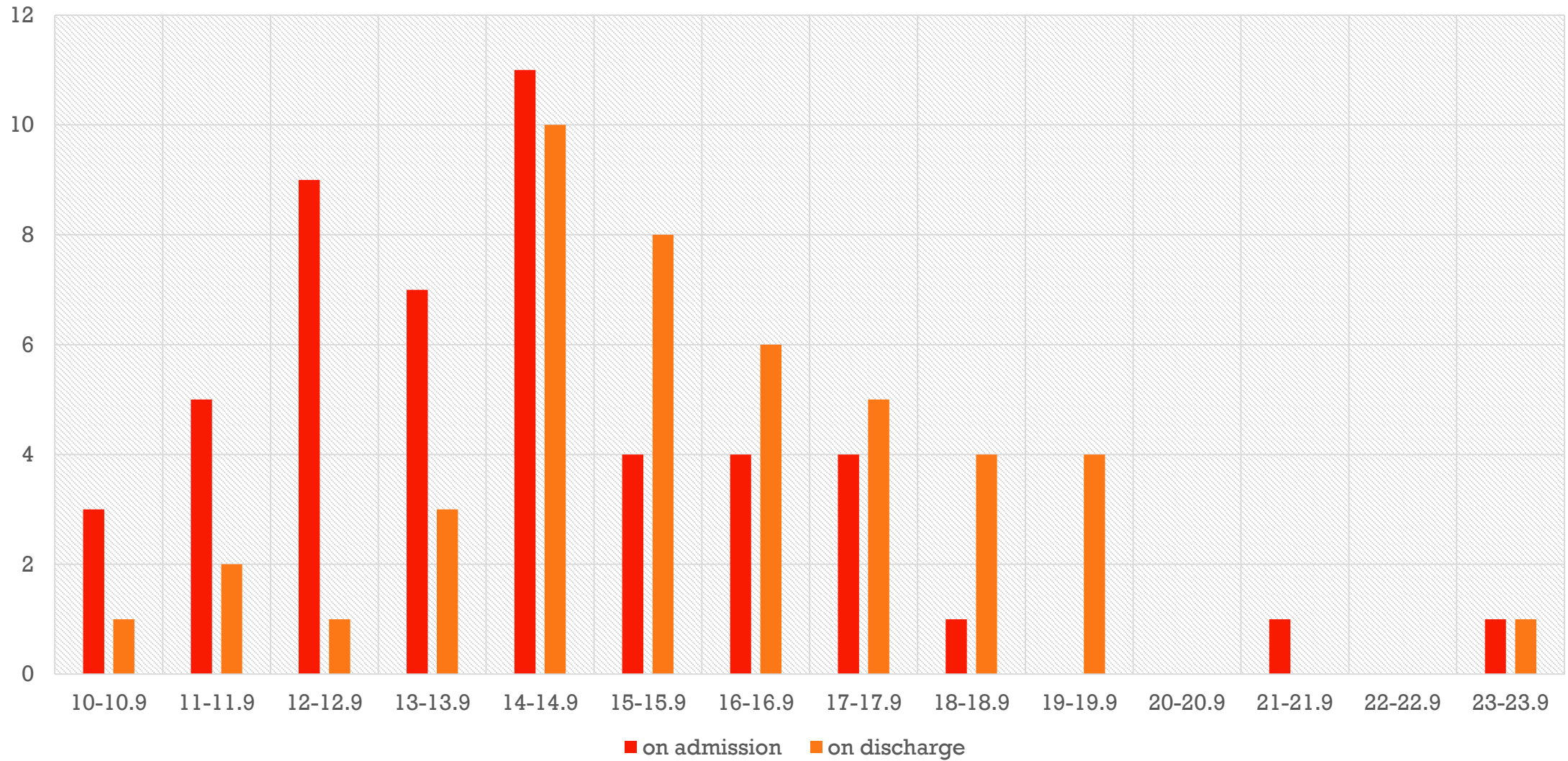
## BP (systolic)



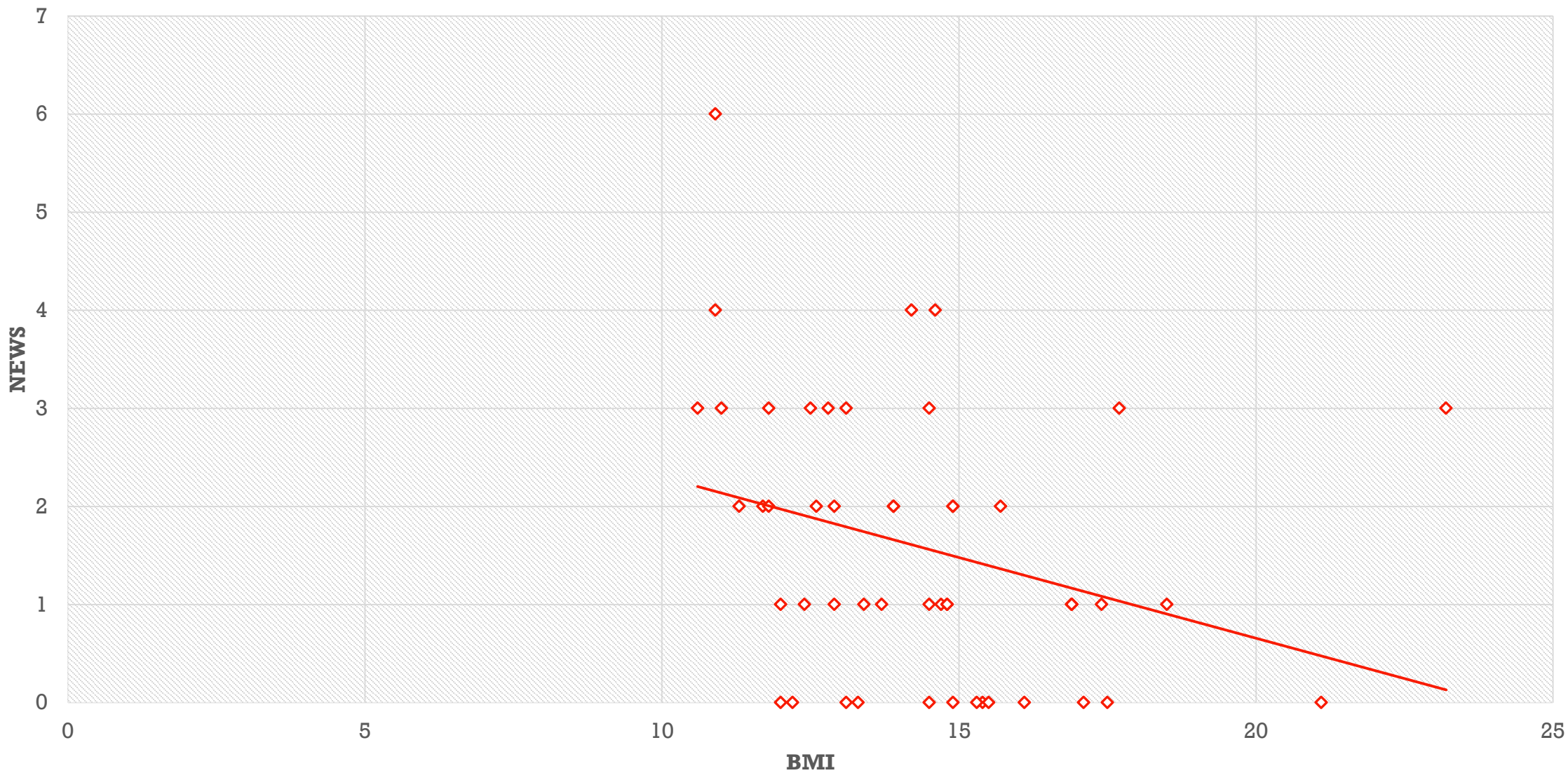
# NEWS



# BMI



# BMI vs NEWS on admission



# 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

# Future

- 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

# Acknowledgements

- I would like to thank
  - Ms Hannah Little
  - Dr Alison Tavaré
  - Ms Julie Stott
  - Ms Vardeep Deogan
  - Dr Seema Srivastava
  - Ms Lorraine Motuel
  - All the staff on the STEPS ward