

STOP LOOK CARE



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Supporting you to deliver Care
Integrated Care

Exercise 1

The Mrs Burns animated case study will give you experience in using the Stop Look Care book and the SBAR tool. [Before watching the video, take a few minutes to think about what you would do using the Stop Look Care framework.](#)

Mrs Burns recently had a fall and does not feel confident on her feet as she needs assistance with walking. While standing, Mrs Burns feels like her legs are going to give way so she sits back down. You notice that there is a Zimmer frame beside Mrs Burns.

Mrs Burns is a bit wobbly and doesn't feel very safe. Her slippers are pinching and she hasn't had anything to eat or drink today. She said the other carer keeps putting her drinks out of reach and explains that she didn't eat her breakfast as she dozed off.

Structure your answers in the table below

STOP

What would you think about checking?

LOOK

What are the factors within the scenario telling you that Mrs Burns may be at risk from deterioration?

CARE

How would you deliver care in this scenario?

What would you monitor and document?

Would you seek advice?

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Exercise 2

Zara is Mrs Burn's carer and she decides to escalate Mrs Burn's symptoms to the GP.

Using page 6 of the **Stop Look Care** booklet for guidance, can you match Zara's responses (by drawing arrows) to the right stage of the SBAR tool?

S

(Situation)

Please could she be reviewed urgently by the falls team and also a review of her diabetes medication and management.

1

B

(Background)

On observation Mrs Burns has poor balance when walking, her feet look swollen and red and there are pinch marks from her slippers. Mrs Burns said she has not eaten recently and mentioned she is falling asleep more regularly through the day.

2

A

(Assessment)

Hello my name is Zara and I am the home carer for Mrs Burns, 1 Apple Tree Cottage, Long Lane, 92 years of age, today she is presenting with decreased mobility and is very off balance. Mrs Burns has also reported to me that she fell last week but is not able to describe what happened and it is not recorded in her notes.

3

R

(Recommendation)

Mrs Burns is normally alert and requires assistance with personal care, and mobilizes short distances with her Zimmer frame. Current medications include paracetamol and Metformin. Mrs Burns reports a fall last week but there are no further details available on this

4

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Exercise 1- Answers Below

Part 1

Mrs Burns recently had a fall and does not feel confident on her feet as she needs assistance with walking.

While standing, Mrs Burns feels like her legs are going to give way so she sits back down. You notice that there is a zimmer frame beside Mrs Burns.

Encourage participants to check the following as part of **the STOP** stage :

- Is she wearing the appropriate footwear?
- Is she using the walking aid in the correct way – is it her walking aid ?!
- What do her feet look like? Swollen? Sore?
- Does she usually wear glasses? If so, is she wearing them now?
- What is the environment like? Cluttered? Poor lighting? Trip hazards?
- Any pre existing conditions that you know of e.g. low blood pressure, lots of medications?

Mrs Burns is a bit wobbly, doesn't feel very safe and her slippers are pinching. Mrs Burns hasn't had anything to eat or drink today.

She said the other carer keeps putting her drinks out of reach and explains that she didn't eat her breakfast as she dozed off.

As part of the **LOOK** stage it is important that participants can identify factors which put Mrs Burns at risk from deterioration

- Wobbly, doesn't feel safe
- Slippers are pinching
- Not eating or drinking
- Drink placed too far away

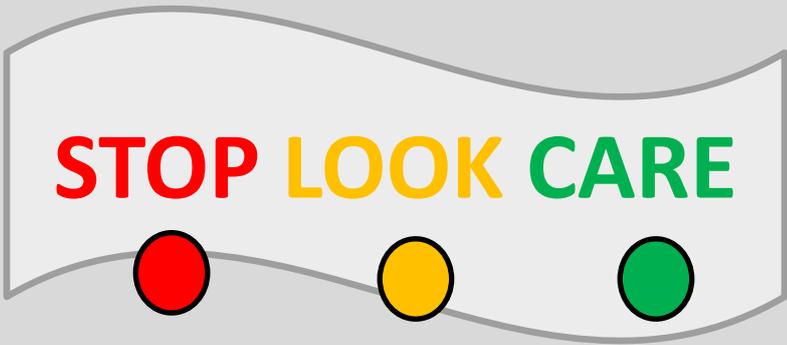
Part 2

Do the following as part of the **CARE** stage:

- Refer to SLC Booklet
- Placing the drink closer /in reach to her
- Check if Mrs Burns is diagnosed with Diabetes—check the care plan
- Check if she is eating enough– keep a food and drink record
- Feet are swollen -Ask family to buy new slippers
- Escalate the symptoms GP

What pages of SLC booklet are relevant?

- Nutrition pages ([p13 to p14](#))
- Dehydration & Fluids ([p21 and p22](#))
- Falls Prevention ([p27](#))
- Mobility and Falls pages ([p28](#))



Exercise 2- Answers Below

S	<p>Hello my name is Zara and I am the home carer for Mrs Burns, 1 Apple Tree Cottage, Long Lane, 92 years of age , today she is presenting with decreased mobility and is very off balance. Mrs Burns has also reported to me that she fell last week but is not able to describe what happened and it is not recorded in her notes.</p> <p style="text-align: right;">3</p>
B	<p>Mrs Burns is normally alert and requires assistance with personal care, and mobilizes short distances with her zimmer frame. Current medications include paracetamol and Metformin. Mrs Burns reports a fall last week but there are no further details available on this</p> <p style="text-align: right;">4</p>
A	<p>On observation Mrs Burns has poor balance when walking, her feet look swollen and red and there are pinch marks from her slippers. Mrs Burns said she has not eaten recently and mentioned she is falling asleep more regularly through the day.</p>
R	<p>Please could she be reviewed urgently by the falls team and also a review of her diabetes medication and management.</p> <p style="text-align: right;">1</p>

After both exercises are complete, proceed with watching the Mrs Burns animation.
<https://youtu.be/lfNd-KYq4CU>