

# STOP LOOK CARE



## STOP LOOK CARE



Supporting you to deliver Care  
Integrated Care

### Exercise 1

The Mr Mohammed 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.](#)

Mr Mohammed is not feeling great today – he feels very warm, his mouth feels so dry and he feels achy all over. His carer visits him and notices that Mr Mohammed is sat in his room, looking tired and resting his head in one hand. Mr Mohammed generally feels very uncomfortable all over. He has a headache and feels very dry. He has taken tablets, including antibiotics for a chest infection that the doctor diagnosed last week. He had a couple of sips of tea at breakfast, but hasn't had anything to eat – he just doesn't feel like it and doesn't know where his appetite has gone. He looks a bit more flushed than normal and although he has urinated today, it was very uncomfortable.

[Use the table below to structure your notes](#)

#### STOP

What would you think about checking?

#### LOOK

What are the factors within the scenario telling you that Mr Mohammed 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 Mr Mohammed's carer and she decides to escalate Mr Mohammed'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)

Mr Mohammed has limited mobility and today he feels warmer to touch temperature, his last temp was recorded at 38.c. He is not eating and drinking just a small amount of fluids with medications and this is different to normal. He has stated it is uncomfortable to pee. I have recorded his fluid intake and any production. I have increased offering fluids to Mr Mohammed. He also states that he feels breathless. Sepsis has been considered.

1

**B**

(Background)

Hello my name is Zara and I work at Holly Mead Care home, I am phoning on behalf of Mr Mohammed, 84 years of age , today he is presenting with a suspected UTI on top of his chest infection

2

**A**

(Assessment)

Please could he be reviewed for a UTI. Can you advise if you would you like a urine sample?

Please note he has a chest infection and he is at risk of deteriorating.

3

**R**

(Recommendation)

Mr Mohammed is normally alert and requires assistance with personal care but is independently mobile. Current medications include paracetamol Prednisolone, amoxicillin, and olive oil for ears

4

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## Exercise 1- Answers Below

### Part 1

Mr Mohammed is not feeling great today – he feels very warm, his mouth feels so dry and he feels achy all over. His carer visits him and notices that Mr Mohammed is sat in his room, looking tired and resting his head in one hand.

Mr Mohammed generally feels very uncomfortable all over. He has a headache and feels very dry. He has taken tablets, including antibiotics for a chest infection the doctor diagnosed last week.

He had a couple of sips of tea at breakfast, but hasn't had anything to eat – he just doesn't feel like it and doesn't know where his appetite has gone.

He looks a bit more flushed than normal and although he has urinated today, it was very uncomfortable.

### Part 2

What pages of SLC booklet are relevant?

Ask participants what might they think about checking as part of the **STOP** Stage.

- Is Mr Mohammed wearing too many layers.
- What does his skin feel like to touch – hot ?
- What does his skin look like – dry (back of the hand pinch test)?
- What do his lips look like – dry and chapped ?
- Does he present as he usually would or is there a change ? – does he seem a bit confused, slow to respond ?

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

- He feels uncomfortable all over
- He has a headache and feels very dry
- Not had much to eat or drink/no appetite
- Looks Flushed
- Experienced pain when urinating

The carer thinks Mr Mohammed might have a UTI, so is going to do the following as part of the **CARE** stage:

- Refer to the SLC booklet
- Make him comfortable
- Place a drink within his reach
- Start a hydration chart
- Look at his urine the next time he pees
- Escalate the symptoms to the nurse and suggest asking for a GP visit as the carer is getting worried about him

**Sepsis– Pages 8 to 9**

**Urinary Tract Infections - Pages 10 to 12**

**Dehydration and Fluids—Pages 21 to 22**

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### Exercise 2- Answers Below

**S**

Hello my name is Zara and I work at Holly Mead Care home, I am phoning on behalf of Mr Mohammed, 84 years of age , today he is presenting with a suspected UTI on top of his chest infection

2

**B**

Mr Mohammed is normally alert and requires assistance with personal care but is independently mobile. Current medications include paracetamol Prednisolone, amoxicillin, and olive oil for ears

4

**A**

Mr Mohammed has limited mobility and today he feels warmer to touch temperature, his last temp was recorded at 38.c. He is not eating and drinking just a small amount of fluids with medications and this is different to normal. He has stated it is uncomfortable to pee. I have recorded his fluid intake and any production. I have increased offering fluids to Mr Mohammed. He also states that he feels breathless. Sepsis has been considered.

1

**R**

Please could he be reviewed for a UTI. Can you advise if you would you like a urine sample?

Please note he has a chest infection and he is at risk of deteriorating.

3

After both exercises are complete, proceed with watching the Mr Mohammed's animation.