

Evidence is increasingly indicating that, in the care home and older populations, the two most well known/common COVID-19 symptoms - fever and/or cough - are not the only presenting symptoms. People living in nursing and residential care homes, care home staff and close relatives should consider how the person is each day and whether anything is different about how they normally present or behave. Care home staff should complete a Wellness Checklist for each resident and consider if escalation to the person's GP for further advice and treatment is required. Use of the SBAR* tool will facilitate targeted discussion with the GP.

Clinical observations

Indicator	Comment	Trigger for escalation
Temperature	Normal temp: 36.1 - 37.7°C	Less than 36°C or greater than 37.7°C, or An increase >1.5°C from usual baseline
Pulse	Normal pulse rate: 51- 90 beats per minute	Below 51 beats per min, or Greater than 90 beats per min
Oxygen saturation	Normal oxygen levels: 96% or above	Oxygen level below 96%

Activities of daily living

Activity	Questions to consider
Breathing	<ul style="list-style-type: none"> - Has the resident had a new persistent cough, or worsening of an existing cough in the past 24 hours? - Has the resident had a new or worsening shortness of breath in the past 24 hours, eg unable to speak more than a few words, unable to do all usual daily activities?
Eating and drinking	<ul style="list-style-type: none"> - Is the resident more reluctant than usual to eat and/or drink in the past 24 hours? - Has there been a loss of sense of smell or taste?
Level of confusion	<ul style="list-style-type: none"> - Has the resident had a sudden onset of confusion or has their usual level of confusion increased in the past 24 hours?
Mood	<ul style="list-style-type: none"> - Has the resident's behaviour changed in the past 24 hours, eg agitated, irritable, withdrawn? - Does the resident have an increased level of tiredness and fatigue in the past 24 hours, eg weariness, reduced alertness?
Bowels	<ul style="list-style-type: none"> - Has the resident had any stomach or bowel changes in the past 24 hours, eg nausea, vomiting, diarrhoea?
Urine	<ul style="list-style-type: none"> - Has the resident passed less urine than normal in the past 24 hours?
Pain	<ul style="list-style-type: none"> - Does the resident have any new or increased levels of aches or pain in the past 24 hours, eg sore throat, abdominal pain, headache, muscle aches?
Skin	<ul style="list-style-type: none"> - Has the resident's skin colour changed in the past 24 hours, eg paler than usual, blotchy red-purple areas, blue tinge around nose and mouth?
Walking: mobilising	<ul style="list-style-type: none"> - Has the resident had any falls in the past 24 hours?

* SBAR is a well-recognised set of prompts that promote assertive and effective communication by framing information around the Situation, Background, Assessment and Recommendation.