

# Exciting pilot for care homes in Sunderland

**All Together Better**

Better Health and Care for Sunderland

There are exciting times ahead for healthcare in Sunderland's residential and nursing care homes. A high-tech pilot will use digital technology to track the health of residents so that any changes in their condition can be quickly picked up, giving them and their families the reassurance that they are receiving the best care possible.

Seven care homes across the city are trialing the new system which sees a digital tablet:

- Collecting information about a resident's weight
- Collecting regular information about a person's health, monitoring vital signs including their blood pressure, oxygen levels, respiratory rate and temperature
- Monitoring the pain levels of residents who aren't able to communicate
- Collecting information each month (or more regularly) depending on residents' needs.

NHS Sunderland Clinical Commissioning Group (CCG) and its key providers are supporting and investing in the initiative, with funding secured from All Together Better.

Care home staff are being trained to use the equipment to collect health information which will be stored in a safe and secure way. The dietetic team at City Hospitals will also have access to information about residents' weights to help inform them of appropriate care. The care home team will use this information to escalate health concerns to health professionals. The nursing team and GP team who also visit residents will also be able to use this information to provide the best possible care for their patients.

Tyne and Wear Care Alliance is coordinating the pilot training which has already seen up to 40 care homes attend training and physiological measurements training involving:

- NEWS - blood pressure, pulse rate, respiratory rate, temperature, level of consciousness and oxygen saturation
- MUST - malnutrition universal screening tool
- Abbey pain score - measurement of pain for dementia patients.



Mrs Jones is 81 and living in a care home in Sunderland. She has had a number of admissions to hospital in the past year linked to her long term condition of COPD. The care home used a paper-based system to monitor the vital signs of the patient. When Mrs Jones appeared unwell, they monitored her more closely and contacted the urgent care team and also the GP who prescribed antibiotics. They continued to monitor her vital signs closely and began to see the number reducing back to normal levels. This allowed the care home to support Mrs Jones and her family's wishes of remaining at home. This would have previously been an admission to hospital.

**For further information contact  
Rachael.forbister@nhs.net or  
Jeannie.henderson@nhs.net**