

NHS STAFF: The authoritative version of this document is available via your electronic records system.  
As a person providing care it is your responsibility to check the electronic record.

Date/time of call: 22/10/21 20:14



**Service user details:**

Mr Alf Jones  
Date of birth: 07/03/1945  
NHS#: BB12345C



Additional precautions required: uti,  
flu

**Care home details:**

Alexander Downs  
12 Downs Avenue, Sutton, London, SW3  
1LA Room: 02 (Nursing)  
Residents currently tested positive for  
coronavirus (COVID-19) : 0  
Workers currently tested positive for  
coronavirus (COVID-19) : 0

Consent to share information with health care providers: YES  
Is there DoLS/LPS in place: YES  
Is there DNACPR in place: YES

**GP details:**

Dr Graham Smith: 0191 237654, Surgery  
Road

## Concern

▶ **What is the concern regarding the patient?**

Alf has become less responsive and is lethargic. He had a recent bout of flu and has deteriorated.

▶ **List symptoms:**

Alf's blood sugar levels have dropped and is confused.

## Action

▶ **What actions have you taken to manage the patient's condition?**

Hourly observations and NEWS2 scoring. Encouraged fluids.

## Response

▶ **What were the notifiable affects from these actions?**

Alf's condition has continued to deteriorate

## Examination

▶ **Level of consciousness**



Responds sometimes to voice

## Cognition

▶ **Does the person have a head injury?**

UNKNOWN

▶ **Is the person living with dementia?**

YES

▶ **Is the person more agitated than normal?**

No

▶ **Is the person more confused than normal?**

Yes

## MedicalHistory

Alf has a pacemaker in situ. My pacemaker was inserted in March 2014, my first one was inserted 10 years ago.

Alf have been diagnosed with osteoarthritis which causes pain and sometimes reduced mobility.

Alf does experience pain regularly due to osteoarthritis. He has pain in his lower back which can make him feel a little stiff when he gets up out of bed or from a chair. He is prescribed pain relief patches to help him manage this pain which staff support in administering.

Alf is able to let staff know if his pain is better or worse than usual and staff will support him with this.

Staff can normally tell when Alf is in pain as he does change his body language and will ask for help. He cannot always verbalise this so it is important for staff to know the signs so they are able to support him as much as possible.

Alf lives with macular degeneration for which I take a vitamin substance which is called Liquid Eyecare.

Alf has been diagnosed with vascular dementia, History of UTIs, Choking risk, risk of falls.

## Medication/other allergies

No medical allergies are recorded

## Food allergies

Eggs, Soya

## Episodes of illness or recent GP visits

10/09/21 - Seen doctor he said he had to prescribe antibiotics, hurts a little, was content.

## Handover

22/10/21 12:45 - Had lunch  
22/10/21 00:14 - Repositioned to avoid pressure ulcer

21/10/21 20:24 - Participated in armchair exercises

21/10/21 20:24 - Participated in armchair exercises

### Observations

Name	Enter new measurement if required	Last recorded (in last 24 hours)
Blood pressure (systolic/diastolic)	90 / 80	
Pulse (bpm)	42	
Temperature (Celcius)	36	
Respiration rate (rpm)	9	
Blood sugar (mmol)	97	
Urine dipstick result		

### Shared information

▶ Palliative

NO

▶ Is there a Coordinate My Care (CMC) record?

UNKNOWN

If going to hospital, have you included the following in the Red Bag:

▶ Change of clothes

INCLUDED

▶ Hearing aid

INCLUDED

▶ Glasses

INCLUDED

▶ Dentures

NOT USED

▶ Any other valuables (please list):

Fitbit and wearing a St Christopher

▶ Are the family aware of the patient's condition and that he/she is going to hospital? If so please note if there are any concerns from them:

Daughter Claire is aware and is coming to visit Alf.

## Baseline Assessment

This home uses



### Resident details

**Resident name:** Mr Alf Jones  
**Date of birth:** 07/03/1945 (76 y/o)  
**Gender:** Male  
**NHS Number:** BB12345C  
**BMI:** 23.33

### Care Home details

**Name:** Alexander Downs  
 12 Downs Avenue, Sutton, London, SW3 1LA  
**Tel:**  
**Room:** 02 (Nursing)

### Next of Kin

- Mr Gary Cockeril (Brother, Power of Attorney for Care and Finance, Power of Attorney for Care, Power of Attorney for Finance)  
07853849107,07853849107

### Emergency Contacts

- Mr Gary Cockeril (Brother, Power of Attorney for Care and Finance, Power of Attorney for Care, Power of Attorney for Finance)  
07853849107,07853849107

**Risks to be aware of:** DNACPR Additional precautions required: uti, flu. Alf has a DNACPR in place, History of UTIs, Choking risk, risk of falls, Food texture - Soft & Bite Sized (Level 6), Pacemaker. Food allergies: Eggs, Soya. Food texture - Soft & Bite Sized (Level 6)

**Should be aware of:** Alf is at risk of falling. Alf requires encouragement to eat and drink regularly and supervision due to a choking risk. Alf tells me he has always experienced problems with his bowels, it takes a lot of time to go. He has seen Drs and specialists but no diagnosis was ever given. He often needs to spend upwards of an hour on the toilet each morning.

**Medication/other allergies:** none recorded

**Food Allergies:** Eggs, Soya

## Cognition

**DoLS/LPS in place?** Yes

**History of challenging behaviour:**

Details:

Alf's wife died 25 years ago and he can become upset about this. Alf likes to be given his family photo album to look through which makes him feel better. He likes to look through this in his bedroom.

Alf display's some behavioural problems when he is frustrated because he cannot communicate fully. If Alf starts to shout it is best for staff to suggest that he goes for a walk in the garden, Alf has said in the past this helps him reset and then he can try again.

## Medical History

**Past medical history:** Alf is allergic to peanuts and walnuts, but enjoys cashew nuts. Unfortunately he can not always detect the difference due to poor eyesight, so take great care whenever there are any nuts available.

**Episodes of illness or recent GP visits:**



10/09/21 Seen doctor he said he had to prescribe antibiotics, hurts a little, was content.

**Number of hospital admissions recorded in Mobile Care Monitoring in last 12 months:** 0

**Medication Usage:** I suffer from macular degeneration for which I take a vitamin substance which is called Liquid Eyecare.

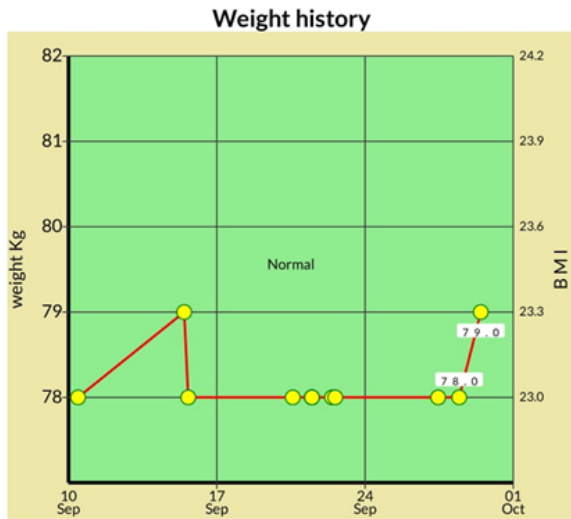
**Current medication:**

Liquid Eye Care, 15mls, Homely remedy given for macular degeneration, given orally once daily

Cinnarizine, 15mg, One daily, orally

Asprin, 75mg, One daily, orally





date	kg
29/09/21 11:13	79
28/09/21 10:45	78
27/09/21 10:50	78

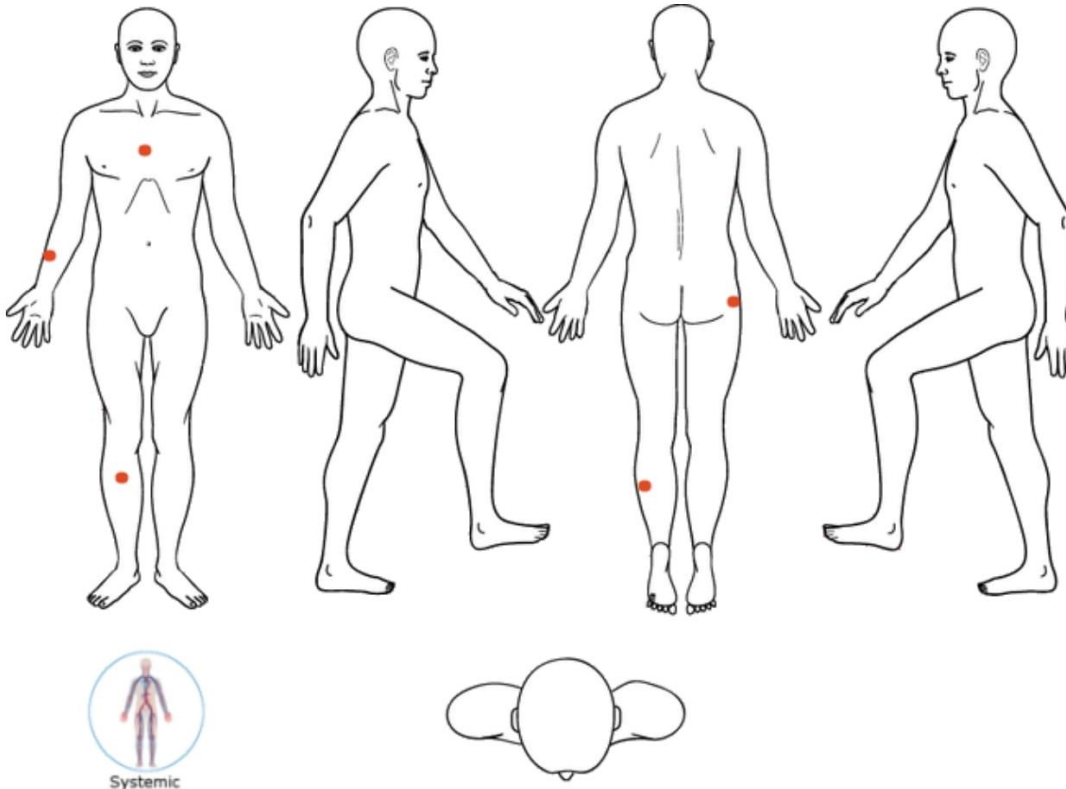
### Infections and Skin Integrity

#### Infection Risk:

Alf is at risk of pressure injury and has oedematous. Staff check Alfs skin on a daily basis when they assist him with a shower for any signs of infection.

last updated: 08/09/21

- Body Map / Lesions -



Treatment due / archived

Description

22/04/21 New 0.00cm proliferative leg ulcer on right shin



15/12/20

09/01/21 New 2.00cm Category I pressure injury on left calf

20/10/20 Pre-existing 0.00cm intact blister on right inner arm

22/01/21 🏠 New UTI

20/10/20 🏠 New flu

**Baseline**

Number of falls in the last 12 months: 30

**Reason for falls:** Alf has a history of falls, with two falls in the last year. The falls did not result in injury. As Alf's dementia progresses it does appear he has more episodes of being unsteady on his feet. Walking aids have been discussed but are not relevant at this current time.

<b>Moving in bed/movement up bed:</b>	Alf is able to move in his bed independently.
<b>Transfer in and out of bed:</b>	Alf is able to transfer in and out of bed independently. On the odd occasion he is particular stiff or experiencing pain he may need a little support from a member of staff but will request help to do this.
<b>Sitting balance:</b>	not specified
<b>Bed/chair transfer to wheelchair/commode:</b>	Alf is able to mobilise independently but can be unsteady on his feet. The toilet Alf likes to use has a raiser which he finds far more suitable. If he feels he needs support he will ask.
<b>Bathing showering:</b>	Alf uses a shower chair in the bathroom as he doesn't feel strong enough to stand for long periods of time. He is able to independently transfer in and out of the shower chair.  When having a bath Alf can independently get in and out. As long as a member of staff is present and he is able to take his time and not rush.
<b>Walking (inside and outside):</b>	Alf is able to mobilise independently around the home and in the garden. He can be unsteady and will ask for help if he is feeling this way. This is when he is most likely to fall.
<b>Stairs/steps:</b>	Alf does not feel confident using the stairs as he can be unsteady on his feet he will always use the lift.
<b>Getting dressed:</b>	not specified
<b>Grooming:</b>	Alf likes the assistance of a male carer to shave as he feels he is a bit shaky now a days to get the perfect shave.
<b>Other mobility notes:</b>	not specified

#### Risk Assessments Summary

Date	Type	Score	Last / Next review
27/09/21	Vaccination tracker	0 - Vaccination record for SARS-CoV-2 (COVID-19). Status: Fully vaccinated	27/09/21 / 08/10/21
24/09/21	PainChek Assessment	8 - Mild pain (Painchek Scale)	24/09/21 / 25/10/21
21/09/21	Nutrition	29 - Very High Risk - Consider Recording dietary intake daily/Weighing weekly/Giving dietary supplements daily/Liaising with GP & Dietitian	21/09/21 / 08/10/21
20/09/21	Pre Admission	0 - Not scored	Never / Never
17/09/21	Personal Behaviour Support Plan	0 - Behaviour Support Plan is not scored	17/09/21 / 15/10/21
09/09/21	Pain Assessment	8 - Moderate pain (Abbey Pain Scale)	09/09/21 / 07/10/21
09/09/21	Waterlow	12 - The Waterlow assessment shows there is a risk of a pressure injury	09/09/21 / 07/10/21
09/09/21	Mental capacity - Consent to care and treatment	2 - This person LACKS capacity to make the specific decision of Consent to care and treatment for themselves	09/09/21 / 07/10/21
07/09/21	Dependency	50 - Level 2 (Medium)	07/09/21 / 05/10/21

07/09/21	Barthel Index	28 - Medium Dependency	07/09/21 / 05/10/21
07/09/21	Bed rails	0 - Not scored	07/09/21 / 05/10/21
07/09/21	Braden scale	18 - Mild risk	07/09/21 / 05/10/21
07/09/21	Continen- Assessment	0 - This is not a score based assessment	07/09/21 / 05/10/21
07/09/21	Crichton rating scale	5 - Moderate confusion	07/09/21 / 05/10/21
07/09/21	Choking risk	3 - Refer to SLT and ask them if there are any underlying health issues	07/09/21 / 05/10/21
07/09/21	Edmonton Frail Scale	8 - Mild Fraility	07/09/21 / 05/10/21
07/09/21	Falls risk	8 - High risk	07/09/21 / 05/10/21
07/09/21	Mattress Check	0 - Mattress audit passed	07/09/21 / 05/10/21
07/09/21	Mental capacity - Finances	2 - This person LACKS capacity to make the specific decision of Finances for themselves	07/09/21 / 05/10/21
07/09/21	Mobility and function (Moving and handling)	13 - Moderate risk	07/09/21 / 05/10/21
07/09/21	MUST	1 - Medium Risk - Observe	07/09/21 / 05/10/21
07/09/21	Oral Health 2	2 - Oral Health - Level of support is medium	07/09/21 / 05/10/21
07/09/21	PEEP	3 - Requires assistance from 1 carer	07/09/21 / 05/10/21
10/08/21	Advance Care Plan	0 - Advance Care Plan is not scored	10/08/21 / Never

## Continen- Assessment

**Risk of constipation:** not recorded

**Urinary incontinence:** sometimes

**Faecal incontinence:** not recorded

### - Bowel Chart last 28 days -

10 Sep	11 Sep	12 Sep	13 Sep	14 Sep	15 Sep	16 Sep	17 Sep	18 Sep	19 Sep	20 Sep	21 Sep	22 Sep	23 Sep	24 Sep	25 Sep	26 Sep	27 Sep	28 Sep	29 Sep	30 Sep	01 Oct	02 Oct	03 Oct	04 Oct	05 Oct	06 Oct	07 Oct
2			2		2 3	2	2			2	4 4 2	4 2	2				2 2 2	2 2 2							1 2	2	

## End of Life / Advance Care Plan

**Religion and Culture:** Alf is Catholic although he has been non practising for many years. However, Alf would like the opportunity to see a priest should he be in the final stages of his life. His daughter has agreed to arrange this for him and is aware of Alf's wishes.

**Future:** Alf has been diagnosed with dementia, his wish is for people to talk to him about this and not act as if nothing is happening. Alf is not afraid of dying and would like to continue wherever possible with his normal daily routine until he no longer can. He is happy with the support he receives from the staff and feels they know exactly what he needs.

### Concerns:

Alf's major concern would be that his pain is not controlled as having experienced pain for some considerable years, Alf wants to remain pain free at the end of his life.



Alf has struggled with his dementia diagnosis and the impact this has had on his life. But he remains active and independent and wants it to stay like this for as long as possible.

**Final days:**

Alf would like to stay at the care home in his final days, he does not wish to be sent to hospital. He has had the same GP for many years so would trust the decisions he would make.

Of course Alf's daughter Marie would like to be with Alf in his final days. Alf has said that having Marie there will make him happy, even if he is unable to say so he will feel her presence there.

Alf would like sky sports on the TV when he reaches the final days of his life and his daughters hand in his. Alf has said that is his final wishes.

**Symptom control:**

Alf's wish is not to die in pain. Alf would like to be given medication which prevents him from any distress as far as his pain is concerned.

**After death:** Alf's wish is to be cremated and has a funeral plan in place that he has planned out, including the music and readings he would like and who he would like to read them. Marie, Alf's daughter is aware of this plan for when it is needed.

## Other specialists involved

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**Name:** Dr Graham Smith  
**Relationship:** Doctor  
**Telephone:** 0191 237654  
**Mobile:**  
**Email:**

## Consents

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Mental capacity - Finances DoLS/LPS approved on 01/11/18

Consent to have photographs taken signed by Raj Kumar on 17/03/21

Consent to share information with health care providers signed by Raj Kumar on 17/03/21

**i** Consent to share person data with organisations associated with health and social care where it is considered there may be potential benefit of my or others health and social care, e.g doctor, hospitals, local authorities, podiatrist and that I consent for the data to be used securely for 8 years after I leave the service or longer if the Law requires it.

Restrictive Practices Consent - GP

Restrictive Practices Consent - Resident and/or authorised restrictive practices substitute decision-maker

Consent to care provision signed by Raj Kumar on 17/03/21

**Signed on the behalf of Alexander Downs: Linda Copley on 25/06/21**

## Who I am

This home uses



### Resident details

**ServiceUserName** Mr Alf Jones  
**DOB** 07/03/1945  
**Age** 76  
**Gender** Male  
**:** BB12345C  
**NI Number:**  
**CurrentBMI** 23.33

### Care Home details

**Room**  
**Name** Alexander Downs  
**Telephone**  
**Address** 12 Downs Avenue, Sutton,  
 London, SW3 1LA

## Important to Me

### ▸ Routines that are important to me

Alf is an independent gentleman that is adapting to requiring more support and assistance sometimes. He can become frustrated if he gets confused but with time and patience from staff this doesn't escalate. Due to choking risk he requires support with eating and drinking, mainly around cutting his food. Alf likes to shower and get ready for the day before eating breakfast between 9 and 10 am. Afterwards, he tends to go for his daily stroll around the home or the gardens. If he is feeling well he may ask a member of staff to support him in going to the shop to buy some sweet treats. It is important to Alf to get outside every day whether that be in the garden or out of the home. Alf eats lunch around 12pm and enjoys reading the newspaper afterwards with a cup of tea in the lounge with his friends. In the afternoon he likes to go on any outings that are offered or watch a football match if it is on. Alf has made great friends since moving here and he will often spend a couple of hours in the evening chatting about shared interests: football, history and politics. Alf enjoys dinner around 6pm before watching the news at 10pm. He often heads to bed shortly after the news is finished. Alf does not like to nap during the day but does get tired easily.

### ▸ Likes to talk about

Alf is an avid West Ham supporter so is always happy to talk about his team. He loves his family dearly and likes to recall some of their experiences together. He often talks about his wife who died 25

### ▸ What is important to me

It's important to Alf that he spends time in the social areas so that he is not on his own to often. He likes to talk to other residents and staff members about football and rugby which he is still passionate about. Alf enjoys being around other people, he finds comfort in this

07/10/2021, 08:30

Hospital Pack - Person Centred Software

### ▶ **Brief description of situation**

On a good day Alf is a friendly gentleman that enjoys spending time with other residents. He lives with vascular dementia and is finding that he occasionally becomes muddled and confused and is requiring assistance and support from staff more often. He prides himself on being independent so can sometimes find this difficult. He can also become upset about his late wife and struggles to remember their time together.

### ▶ **Thing that make me feel sad and upset**

Alf tells me he gets sad and upset when he cant do the things he used to do and needs help and support. He tells me he will always ask for help but he does find that hard as he knows he isn't going to get better. He also feels very upset when he thinks about his wife and her passing 25 years ago, he has began to struggle to remember their time together.

### ▶ **Things I do if I feel anxious, upset, angry or agitated**

Alf becomes more and more confused if he feels pressured or muddled. He also shuffles on his feet as he starts to feel anxious.

### ▶ **What makes me feel better/Primary Interventions**

Normally, with time, Alf is able to articulate his needs clearly to staff. Staff must reassure Alf that there is no rush and to take his time. If staff try and suggest Alf's needs this can result in Alf becoming more anxious. Alf says he always feels better when he has had a visit from his daughter, Marie. She really lifts his spirits.

### ▶ **Secondary Interventions**

Alf's wife died 25 years ago and he can become upset about this. Alf likes to be given his family photo album to look through which makes him feel better. He likes to look through this in his bedroom. Alf display's some behavioural problems when he is frustrated because he cannot communicate fully. If Alf starts to shout it is best for staff to suggest that he goes for a walk in the garden, Alf has said in the past this helps him reset and then he can try again.

### ▶ **Last Resort Interventions**

Alf has said he must be left alone. Alf has asked in these situations we actively encourage and orientate him to his bedroom and call his daughter, Marie. Marie will speak to Alf over the phone or visit if nearby to help reduce his anxiety and distress.

### ▶ **Planned Outcomes**

To support Alf by giving him time and patience to explain what he needs at a particular time. It is important to be led by Alf and support him to remain as independent as possible.

### ▶ **Things that make me feel angry and agitated**

Alf finds when he gets muddled and is needing support if staff try and guess what he needs or do not give him time to explain what he needs he gets a bit angry and can become quite stressed and anxious.

### ▶ **What Helps Me Keep Calm**

Alf tells me he feels calmer when those he is talking to give him time and patience, as when he is talking if he becomes muddled the best thing for him is time and not feeling pressured.

### ▶ **Things I do if I have missed my Primary Interventions**

As Alf becomes more and more muddled and if he feels pressured to make himself understood he can become more and more frustrated. He will shout as he becomes more anxious and distressed. Any shuffling in his feet can become stamping. Around special occasions and memories Alf can become really upset when he thinks about his wife. He will often shout and tell people to get away from them. In the past he has pushed people away if they come to close.

### ▶ **Things I do if I have missed my Secondary Interventions**

If Alf becomes so anxious and distressed that he is shouting and pushing people away that aren't even close to him.

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## How Best to Support Me

### ▶ **Summary Care Needs**

Alf is a very independent gentleman and can sometimes become frustrated if he requires help. He is smart and proud of his appearance, wearing a shirt the majority of the time. He likes the company of others and likes to spend time with the other residents in the lounge or dining room or in the garden. He really wants to remain independent for as long as possible so takes time to exercise and complete any exercises recommended by his physio.

**► Mobility***Last updated: 04/09/2021***► Personal care***Last updated: 09/09/2021*

Alf is an independent gentleman who take great pride in his appearance. He is a smart gentleman who likes to wear a shirt and has a close shave. Since being diagnosed with Dementia in 2013, Alf has required more support with his daily life. Currently he feels like he manages well and will ask for support most days with certain aspects. He is a very private and will try and protect this as much as he can, for example he will try and change his underwear by himself and then request support.

Alf will normally have a shower every day with a more relaxing soothing bath on a weekly basis. Alf feels a bath helps sooth any pain from his osteoarthritis. His favourite bath soaps are radox bubbles.

Measures for bathing/showering are: Alf uses a shower chair in the bathroom as he doesn't feel strong enough to stand for long periods of time. He is able to independently transfer in and out of the shower chair. When having a bath Alf can independently get in and out. As long as a member of staff is present and he is able to take his time and not rush.

Alf enjoys a shower most mornings before 7.30, he will normally let staff know when he is ready. However if staff have not heard from him they will just pop their heads around his door and check he is ok. This happens very infrequently.

Alf currently needs the help of one member of staff with his showers/bathing. Sometimes after a bath he can be quite unsteady on his feet, staff will normally offer a wheelchair in this scenario which Alf will accept if he feels necessary.

Alf prefers a wet and close shave and will always ask a male member of staff to help him with this. Alf was given an electric razor for Christmas from his daughter to support his independence with shaving. Alf doesn't think it gives the closest shave however will use it around once a week when he has finished in the shower.

Alf brushes his own hair with his wife's hairbrush every day, he also wears Joop aftershave every day

Alf likes the assistance of a male carer to shave as he feels he is a bit shaky now a days to get the perfect shave.

Alf often needs assistance with dressing, he likes to do as much as he can privately but then will call for help from a member of staff once he has his underwear on. Alf is a smart man who is proud of his appearance and will wear a shirt most day's. If he goes to church he will always wear a tie.

Alf has his wife's hairbrush that he uses everyday.

Alf requires prompting to remember to clean his teeth regularly.

Due to Alf's choking risk it is necessary for Alf to spit out his toothpaste and not rinse.

Staff also support Alf by checking for any food in his mouth after meals or medication.

### ► Nutrition/hydration

*Last updated: 10/09/2021*

Alf has a choking risk and needs support from staff to obtain the right texture of food but also to help him cut any food up. Staff help Alf to sit upright as possible at meal times. He eats and drinks small amounts at a time to prevent any coughing. He has his food soft and bite sized (level 6) which staff support him with. Alf enjoys coffee with milk and 2 sugars. He tells me his wife used to make him a fresh cup every morning. He also loves sweet things! Alf is quite traditional and enjoys fish and chips on a Friday and a Sunday roast on a Sunday. Alf also loves sweet things and will always ask for a couple of biscuits with a hot drink, whatever is on offer although his favourites are jammie dodgers. Alf will enjoy most meals in the dining room with other residents, as he enjoys the company and some small chat around football or the news. Alf has experienced some weight loss recently and is therefore offered high calorie snacks.

Alf would like the choice at mealtimes of eating in the restaurant or in his room, depending on how he is feeling on the day at that time. Sometimes, I may want to have my meal in bed. Make sure if I am eating in bed that I am sitting as upright as possible, supported by three pillows.

Alf may need the help of a care assistant to help him eat and drink.

Alf has a choking risk and needs support from staff to obtain the right texture of food but also to help him cut any food up. Staff help Alf to sit upright as possible at meal times. He eats and drinks small amounts at a time to prevent any coughing. He has his food soft and bite sized (level 6) which staff support him with.

Alf would like to be reminded to drink slowly as he can have a tendency to drink too fast which may make him cough.

Alf would like his daughter to know what food is on the menu and needs the staff to share that with her on visits.

Alf really enjoys hot chocolate that is made with milk in the evening before bed which he needs staff to make for him.

Alf does not require his food and fluid intake to be monitored, if he were to lose weight this would be something to discuss with Alf and his gaughter.

Alf is happy to have his weight monitored and recorded monthly.

### ► Emotional support

*Last updated: 10/09/2021*

Alf has vascular dementia, diagnosed in 2013, around October. Living with vascular dementia has impacted his short term memory. Alf's memory seems to get worse during the evenings. Alf sometimes becomes muddled and confuses words. He can become frustrated with himself when this happens. On occasion Alf may find it difficult to make it clear what he needs or wants, staff give Alf time and are patient with him and he is often able to tell them what he needs. Alf's daughter Marie is very important to Alf. She supports him with big decisions but also emotionally. Marie is really the only person Alf will talk to about his wife, because she remembers her too. Alf says he always feels better after a visit from his daughter, she lifts his spirits. Alf does require emotional support from staff as he deals with his changing needs and what he can and cannot do as he lives with Dementia and osteoarthritis. If he is feeling of low mood and struggling a bit he will ask for more assistance from staff, this is when staff can take this opportunity to talk to him about his work, life and daughter or of course football. He does like being with the other residents and will often eat in the dining room or watch TV in the lounge. He feels comforted by the company. Alf has been diagnosed with dementia, his wish is for people to talk to him about this and not act as if nothing is happening. Alf is not afraid of dying and would like to continue wherever possible with his normal daily routine until he no longer can. He is happy with the support he receives from the staff and feels they know exactly what he needs. Alf will need support from staff in organising visits from his friends and family and also introducing him to residents that he might get on with. Alf's daughter is very important to him. Its important for Alf to maintain his routine, staff can support him with this. By providing him with his daily paper and the activities schedule in large print will help Alf to be aware of what is going on in the home. Alf has said he would like to participate in regular individual activities/hobbies, he is very independent and will like to try most things. However he does ask that staff are patient and support him and encourage him in activities that he may find a little bit more difficult than he would have 10 years ago. Alf enjoys being around other people, he finds comfort in this. He dislikes bingo so wouldn't like to take part in that but would enjoy watching others. Alf played bridge and taught this before he stopped around 10 years ago. He would like staff to make him aware if Bridge is being played, just to watch rather than take part. Alf used to attend Church every week without fail. He is not so keen to go at the moment, but will occasionally ask if a visit to church can be sorted for him. His daughter quite often takes him. Alf enjoys chatting about his interests and keeping up with current events as much as possible. Alf doesn't like to miss the news at 10 on ITV. Alf also enjoys reading the daily newspaper after lunch each day, he receives the Guardian. Due to his eyesight he does require staff support to help him with some elements of the newspaper especially when the font is really small. Alf is able to make decisions around whether he would like to take part in activities or not and the majority of the time will walk independently to the activity location. If he is feeling a bit low in mood or unsteady on his feet he will ask staff for support and reassurance and encouragement to take part. once he gets involved he really enjoys to have a laugh.

**► Medication**

*Last updated: 10/09/2021*

Alf has a pacemaker in situ. My pacemaker was inserted in March 2014, my first one was inserted 10 years ago. Although he needs no support from staff with this he does require staff to organise his follow up check ups for this. Alf has been diagnosed with osteoarthritis which causes pain and sometimes reduced mobility. Alf does experience pain regularly due to osteoarthritis. He has pain in his lower back which can make him feel a little stiff when he gets up out of bed or from a chair. He is prescribed pain relief patches to help him manage this pain which staff support in administering. Alf is able to let staff know if his pain is better or worse than usual and staff will support him with this. Staff can normally tell when Alf is in pain as he does change his body language and will ask for help. He cannot always verbalise this so it is important for staff to know the signs so they are able to support him as much as possible. Alf lives with macular degeneration for which I take a vitamin substance which is called Liquid Eyecare. Alf has been diagnosed with vascular dementia, History of UTIs, Choking risk, risk of falls. Alf needs staff to manage his medication, including ordering and administering. The staff in the care home need to monitor Alf's health conditions closely to ensure any changes to his conditions are noted and acted on as soon as possible. Alf would like staff to order, administer and store his medication for him as he is not able to manage this by himself. Alf will ask for additional pain relief if he is experiencing pain and it is not being managed by his patches. Alf would like any concerns about his health or deterioration in his health to be recorded by staff and reviewed with a GP. For staff to monitor the effectiveness of the pacemaker by recording my observations daily. My blood pressure is normally 145 over 84 and my pulse is normally 67 beats per minute. Alf will require help in ensuring any check ups are organised and attended accordingly.

**► Skin integrity**

*Last updated: 10/09/2021*

Alf has skin that is usually dry he is prescribed emollients to support him with this. Alf will let staff know if he has any concerns over his skin. Staff will also support with cream application in the hard to reach areas after a shower in the morning. Alf's waterlow score does suggest there is a risk of pressure injury. Please ensure that my Waterlow Risk assessment is completed monthly or sooner if required and that any new developments of any pressure ulcers or areas of skin deterioration are recorded on a new body map. Monitor all pressure areas at every care intervention, overnight and during the day. Should my wounds deteriorate, please refer me to the tissue viability nurse and dress wounds according to the locally agreed protocol. During the day, please encourage me to change my position 2 hourly to relieve the pressure on my bottom, ensuring that I am sitting on my pressure relieving cushion and that my heels are elevated on a footstool at all times. Monitor my food and drink intake throughout the day and record on my food and fluid charts. Report any changes in my appetite to the nurse in charge as this will effect my wound healing. Please ensure that my air mattress is fully inflated at all times prior to me using my bed.

**► Sexuality**

*Last updated: 10/09/2021*

Alf is very proud of his appearance and likes to dress smartly every day, wearing a shirt. If he goes to church he will always wear a tie. He is happy for a male or female carer to assist him each day with washing and dressing but does say only a man will do for a close shave. He is happy to be around other residents, chatting or taking part in activities. Alf is a friendly man and likes to be around other people. He really benefits emotionally when he talks through his dementia diagnosis and changes that are happening to him with staff or his daughter. He lives with Vascular dementia which he finds difficult, as he is aware what impact it is having on him and his ability to do things. Alf can become low in mood if he is having a bad day where he has struggled a bit more than usual with getting ready and walking. He just feels down as he has always been so active he doesn't like the feeling that that is changing. It is important to Alf to remain as independent as he can for as long as he can as it forms part of his identity. Staff chat with Alf and encourage him to take part in activities or outings to keep him busy and having fun. Alf will normally have a shower every day with a more relaxing soothing bath on a weekly basis. Alf feels a bath helps soothe any pain from his osteoarthritis. His favourite bath soaps are Radox bubbles. Measures for bathing/showering are: Alf uses a shower chair in the bathroom as he doesn't feel strong enough to stand for long periods of time. He is able to independently transfer in and out of the shower chair. When having a bath Alf can independently get in and out. As long as a member of staff is present and he is able to take his time and not rush. Alf enjoys a shower most mornings before 7.30, he will normally let staff know when he is ready. However if staff have not heard from him they will just pop their heads around his door and check he is ok. This happens very infrequently. Alf currently needs the help of one member of staff with his showers/bathing. Sometimes after a bath he can be quite unsteady on his feet, staff will normally offer a wheelchair in this scenario which Alf will accept if he feels necessary. Alf prefers a wet and close shave and will always ask a male member of staff to help him with this. Alf was given an electric razor for Christmas from his daughter to support his independence with shaving. Alf doesn't think it gives the closest shave however will use it around once a week when he has finished in the shower. Alf brushes his own hair with his wife's hairbrush every day, he also wears Joop aftershave every day.

**► Daily life/lifestyle***Last updated: 09/09/2021*

Alf is a friendly man and likes to be around other people. He lives with Vascular dementia which he finds difficult, as he is aware what impact it is having on him and his ability to do things. Alf can become low in mood if he is having a bad day where he has struggled a bit more than usual with getting ready and walking. He just feels down as he has always been so active he doesn't like the feeling that that is changing. Staff chat with Alf and encourage him to take part in activities or outings to keep him busy and having fun. He makes sure he does any exercises prescribed by the Physio everyday. Alf manages his weekly budget, using a whiteboard his daughter recently purchased him. If he needs help working anything out he will ask staff. Alf is an independent gentleman that is adapting to requiring more support and assistance sometimes. He can become frustrated if he gets confused but with time and patience from staff this doesn't escalate. Due to choking risk he requires support with eating and drinking, mainly around cutting his food. Alf likes to shower and get ready for the day before eating breakfast between 9 and 10 am. Afterwards, he tends to go for his daily stroll around the home or the gardens. If he is feeling well he may ask a member of staff to support him in going to the shop to buy some sweet treats. It is important to Alf to get outside every day whether that be in the garden or out of the home. Alf eats lunch around 12pm and enjoys reading the newspaper afterwards with a cup of tea in the lounge with his friends. In the afternoon he likes to go on any outings that are offered or watch a football match if it is on. Alf has made great friends since moving here and he will often spend a couple of hours in the evening chatting about shared interests: football, history and politics. Alf enjoys dinner around 6pm before watching the news at 10pm. He often heads to bed shortly after the news is finished. Alf does not like to nap during the day but does get tired easily. Alf would like to receive the weekly activities newsletter so he knows what is happening and when, this would be best in large print so Alf is able to read clearly. Alf would like staff to remind him what is happening each day in the morning and in the afternoon. Alf may sometimes need support and assistance from staff to get to activities, whether that be support with walking or where to go. Sometimes Alf may not want to take part in activities and he would like that decision to be respected if so, however is Alf continually doesn't want to attend staff will need to ensure this is recorded as this will be unlike Alf. Alf would like the paper delivered to him every day, the Guardian. He enjoys reading the paper and it helps him remember what is going on in the world and what day and date it is. Sometimes Alf may not be able to clearly read the small print of some articles and so will ask staff for help. Alf loves the football and would like staff to remind him when a game is on and what time and help him find the channel on the TV if needed. Alf manages his weekly budget using a whiteboard his daughter recently purchased him. If he needs help working anything out he will ask staff. Alf will sometimes ask staff to support him with his daily exercised from the physio, making sure he has the most up to date regime and is carrying out the exercises effectively. Ensuring how Alf finds these exercises is recorded.

**► Contenance***Last updated: 09/09/2021*

Alf tends to manage his continence needs well independently. He can occasionally have urinary incontinence and has a history of UTIs. He has also experienced minor issues with his bowels, where it takes him a long time to pass any stool. The GP is aware but no diagnosis or treatment provided. Alf doesn't really like to talk about it but will just take himself off to the toilet when needed and may have to stay for up to 1 hour. Alf likes to use a toilet seat raiser as this helps him get on and off the toilet by himself. Alf will go to the toilet when he needs, utilising a seat raiser when required. If Alf becomes unable to locate the toilet staff may be required to help orientate him to his location and point him in the right direction to the toilet. Alf experiences pain in his lower back sometimes and can be unsteady on his feet. If he is feeling like that Alf will ask for help from staff to get to the toilet. One member of staff can walk with him and support him, this usually gives him the confidence he needs just to have a supportive hand or arm. Alf has skin that is usually dry he is prescribed emollients to support him with this. Alf will let staff know if he has any concerns over his skin. Staff will also support with cream application in the hard to reach areas after a shower in the morning. Alf manages his continence well, however Alf has a history of UTIs so staff will monitor any signs or symptoms, such as frequent urination, urgency, pain or difficulty urinating, blood or fould smelling urine. Staff will record and report to a senior member of staff for urinalysis or GP referral if required. Alf currently drinks well, however is this is noticed to change it will need to be recorded and reported by staff for appropriate next steps.

**► Life History***Last updated: 09/09/2021*

Alf tells me has has led a wonder full life from the army to his own greengrocers, a wonderful wife and daughter and being a semi pro at Bridge. West Ham has played a large part in his life. This life history makes Alf what he is today, he always says. He enjoys talking about his life and taking part in activities that relate to that but also trying something new from time to time. Staff can support Alf in keeping his memories alive by talking to him about different aspects of his life, reminiscing and Alf would like to be supported by staff to get the right channel and time so he can watch football events and the news at 10 each night. He loves his daily paper, the Guardian, and needs staff support to help him with sorting out his subscription and delivery to the home. Alf is able to make decisions around whether he would like to take part in activities or not and the majority of the time will walk independently to the activity location. If he is feeling a bit low in mood or unsteady on his feet he will ask staff for support and reassurance and encouragement to take part. once he gets involved he really enjoys to have a laugh.

**► Finance**

*Last updated: 09/09/2021*

Alf needs support with his financial management but is keen to try and manage a weekly budget where he can. He will need support to remind him of his budget and the impact of any spending he may make on that weekly budget. To support Alf its important to support him to have control of his spending. Alf can purchase whatever he likes and the care staff will support him in this. Alf will have his own weekly budget that has been agreed with his family and will be made available to him in cash each week. Alf is visited by his daughter Marie regularly and she will provide him with an update of his finances, he enjoys Marie showing him the online banking system and seeing where his money is going. But he always says he is very happy that Marie deals with the more complicated side of his money!

**► Death and dying**

*Last updated: 09/09/2021*

Alf has struggled with his dementia diagnosis and the impact this has had on his life. But he remains active and independent and wants it to stay like this for as long as possible. Alf has clearly expressed his wishes when it comes to the end of his life and these have been recorded. His daughter Marie has his funeral plan which she will share when necessary. Care staff are to continue to monitor Alf and his health, ensuring any decline is recorded and reported to senior staff.

**► Mental capacity**

*Last updated: 09/06/2021*

I need support to make more complex decisions and to maintain my own safety. I need support to maintain my current interest in every day life so I can feel safe and comfortable. Please ensure you are patient when asking questions. Sometimes staff may need to ask questions more than once. For staff to ask me simple direct questions. Please continue to ask me to make non complex decisions and to encourage me to maintain my independence. For staff to check that I understand what I have been asked. Please explain to me if they think a decision I have made may not be the best one for me and to help me to come to an agreed action. Please complete MCA 1 in conjunction with my daughter to enable staff to help me with decisions that will be in my best interest

## My Life History

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**► What people like and admire about me**

Alf is always immaculately presented. He's a real friendly gent and loved by all the staff and other residents. He is very knowledgeable on everything football and rugby and loves nothing more than to reminisce about sporting memories.

**► People and places that are important to me**

Alf is a big West Ham fan. He was a season ticket holder for much of his life so spent a lot of time at their stadium. It holds lots of good memories for him. His daughter Marie is very important to him, visiting regularly. Alf says he feels lifted once Marie has been to visit. Alf's late wife is also very important to him and can cause him to become quite upset as he feels sometimes that his memories of her are fading. Alf grew up in Morpeth, Northumberland so he always like to talk about his childhood in this town.

**► Childhood memories**

Alf regularly tells staff about his mischievous adventures as a child. He remembers being taken to th football by his dad and hols these memories close to his heart. Alf remembers growing up with his 15 brothers and sisters sharing a bedroom with 5 of them.

**► My Working Life**

When Alf was younger he worked in the armed forces during the war. He enjoys talking about this time as it gives him a sense of pride, he really feels proud of what he did for his country. When Alf left the army he opened his own greengrocers with his wife. Alf's wife died 25 years ago, this was a significant loss and Alf often thinks about her and can become upset. Alf used to enjoy dancing with his wife and would often go to events to show off his skills. He also enjoyed playing bridge for his local pub team.

**► Later Life / Retirement**

Alf retired in 1990 and has spent his time playing golf and attending football matches with his friends. He has also spent a lot of time with his daughter, Marie. Visiting city's across the UK together. He was diagnosed with dementia in 2013, leading up to this he saw a decline in his health and later moved into the care home.



**▶ Current and Past Interests and Hobbies**

Alf enjoys taking part in activities in the home and some trips out. Alf is a huge football fan, holding a season ticket for West Ham for most of his adult life. Anything football related, Alf has said he would like to be involved in. He enjoys watching football games with others and gets quite excited. Alf has said he would like to participate in regular individual activities/hobbies, he is very independent and will like to try most things. However he does ask that staff are patient and support him and encourage him in activities that he may find a little bit more difficult than he would have 10 years ago. Alf enjoys being around other people, he finds comfort in this. He dislikes bingo so wouldn't like to take part in that but would enjoy watching others. Alf played bridge and taught this before he stopped around 10 years ago. Alf used to attend Church every week without fail. He is not so keen to go at the moment, but will occasionally ask if a visit to church can be sorted for him. His daughter quite often takes him. Alf enjoys chatting about his interests and keeping up with current events as much as possible. Alf doesn't like to miss the news at 10 on ITV. Alf also enjoys reading the daily newspaper after lunch each day, he receives the Guardian. Due to his eyesight he does require staff support to help him with some elements of the newspaper especially when the font is really small. Alf is able to make decisions around whether he would like to take part in activities or not and the majority of the time will walk independently to the activity location. If he is feeling a bit low in mood or unsteady on his feet he will ask staff for support and reassurance and encouragement to take part. once he gets involved he really enjoys to have a laugh.

**▶ Significant Events in my Life**

When Alf was younger he worked in the armed forces during the war. He enjoys talking about this time as it gives him a sense of pride, he really feels proud of what he did for his country. When Alf left the army he opened his own greengrocers with his wife. Alf's wife died 25 years ago, this was a significant loss and Alf often thinks about her and can become upset. Alf used to enjoy dancing with his wife and would often go to events to show off his skills. He also enjoyed playing bridge for his local pub team.

**▶ Medical History**

Alf has a pacemaker in situ. My pacemaker was inserted in March 2014, my first one was inserted 10 years ago. Alf has been diagnosed with osteoarthritis which causes pain and sometimes reduced mobility. Alf does experience pain regularly due to osteoarthritis. He has pain in his lower back which can make him feel a little stiff when he gets up out of bed or from a chair. He is prescribed pain relief patches to help him manage this pain which staff support in administering. Alf is able to let staff know if his pain is better or worse than usual and staff will support him with this. Staff can normally tell when Alf is in pain as he does change his body language and will ask for help. He cannot always verbalise this so it is important for staff to know the signs so they are able to support him as much as possible. Alf lives with macular degeneration for which I take a vitamin substance which is called Liquid Eyecare. Alf has been diagnosed with vascular dementia, History of UTIs, Choking risk, risk of falls.

## **Wishes for Future Care / Advance Care Plan**

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**▶ Religion and Culture**

Alf is Catholic although he has been non practising for many years. However, Alf would like the opportunity to see a priest should he be in the final stages of his life. His daughter has agreed to arrange this for him and is aware of Alf's wishes.

**▶ Future**

Alf has been diagnosed with dementia, his wish is for people to talk to him about this and not act as if nothing is happening. Alf is not afraid of dying and would like to continue wherever possible with his normal daily routine until he no longer can. He is happy with the support he receives from the staff and feels they know exactly what he needs.

**▶ Concerns**

Alf's major concern would be that his pain is not controlled as having experienced pain for some considerable years, Alf wants to remain pain free at the end of his life. Alf has struggled with his dementia diagnosis and the impact this has had on his life. But he remains active and independent and wants it to stay like this for as long as possible.

**▶ Final days**

Alf would like to stay at the care home in his final days, he does not wish to be sent to hospital. He has had the same GP for many years so would trust the decisions he would make. Of course Alf's daughter Marie would like to be with Alf in his final days. Alf has said that having Marie there will make him happy, even if he is unable to say so he will feel her presence there. Alf would like sky sports on the TV when he reaches the final days of his life and his daughters hand in his. Alf has said that is his final wishes.

**▶ Symptom control**

Alf's wish is not to die in pain. Alf would like to be given medication which prevents him from any distress as far as his pain is concerned.

**▶ After death**

Alf's wish is to be cremated and has a funeral plan in place that he has planned out, including the music and readings he would like and who he would like to read them. Marie, Alf's daughter is aware of this plan for when it is needed.

# Medication Administration Record

This home uses



## Medicine Administration Record for month commencing September 2021

Notes: DNACPR Additional precautions required: uti, flu. Alf has a DNACPR in place, History of UTIs, Choking risk, risk of falls, Food texture - Soft & Bite Sized (Level 6), Pacemaker. Food allergies: Eggs, Soya. Food texture - Soft & Bite Sized (Level 6)

Doctor:  
Dr  
Graham  
Smith

September 2021	Time	1 Sep	2 Sep	3 Sep	4 Sep	5 Sep	6 Sep	7 Sep	8 Oct	9 Oct	10 Oct	11 Oct	12 Oct	13 Oct	14 Oct
200mg of Ferrous Sulphate Take 2 with a drink for iron levels - if Alf feels nauseous following this then report and drop to one tablet.	Morning					✓	✓					✓			✓
	Lunch														
	Tea														
	Night														
10mg of Donepezil To be given in the morning as orodispersible tablet (melts on tongue).	Morning					✓	✓		✓			✓			✓
	Lunch														
	Tea														
	Night														
3mg of Warfarin (blue) One blue tablet at night with water to thin blood and prevent blood clot	Morning														
	Lunch														
	Tea														
	Night	✓			✓	✓		✓			✓				
150mg of Lansoprazole 2 tablets daily to reduce acid reflux. To be taken 30-60 minutes before eating and drinking.	Morning					✓	✓					✓	✓		✓
	Lunch														
	Tea														
	Night														
Cream	Morning				✓	✓							✓	✓	
	Lunch				✓										
	Tea														
	Night														

## Advance Care Plan

This home uses



Name of resident Mr Alf Jones

Person completing the assessment Linda Copley Manager

Date 10/08/2021 Time 10:59 AM

### ▼ Contact Details

#### ▼ Resident

▶ Resident name: Alf Jones      ▶ Likes to be known as:      ▶ DOB: 07/03/1928      ▶ Hospital / NHS number: BB12345C

▶ Care home: Sandringham Gardens      ▶ Address: 128 Main Road, Jacksdale, Nottingham, Nottinghamshire, NG165HS

#### ▼ GP

▶ GP name: Mr Andre Woods      ▶ GP Tel:      ▶ GP Fax:

### ▼ NOK/family members involved in Advance Care Planning

▶ Name: Mr Gary Cockerell      ▶ Contact Details: gary@g.g      ▶ Relationship: Spouse      ▶ Relationship information:  
 POA health and welfare  
 POA finance  
 Advance Care Planning

▶ Name: Mr Bobby Long      ▶ Contact Details: wizzerdora@hotmail.com      ▶ Relationship: Father      ▶ Relationship information:  
 POA health and welfare  
 POA finance  
 Advance Care Planning

▶ Name: Mr Anthony Demonstration      ▶ Contact Details: ad@demo.mcm      ▶ Relationship: Son      ▶ Relationship information:  
 POA health and welfare  
 POA finance  
 Advance Care Planning

▶ Name: Ms Sharon Demonstration      ▶ Contact Details: sg@demo.mcm      ▶ Relationship: DaughterInLaw      ▶ Relationship information:  
 POA health and welfare  
 POA finance  
 Advance Care Planning

▶ Name: Mr Andre Woods      ▶ Contact Details:      ▶ Relationship: Doctor      ▶ Relationship information:  
 POA health and welfare  
 POA finance  
 Advance Care Planning

### ▼ Healthcare professional involved in Advance Care Planning

## ▼ Declaration and Signatures

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▶ Service User is able to understand, weigh up, retain, decide and communicate and document wishes for future care:



▶ Resident signature:

▶ Date:

▶ NOK / carer signature signed on behalf if resident is unable to physically sign: ▶ Date:

▶ Care home / healthcare professional signature:

▶ Date:

## ▼ Living Will

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▶ Do you have a Living Will or Legal Advance Decision document?

- Yes  
 No

▶ If yes, please give details (e.g. who has a copy?):

▶ Does the place of care have a copy?

- Yes  
 No

## ▼ Future

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### ▼ Preferred place of care

▶ First choice:

▶ Second choice:

### ▼ Additional requests

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▶ Is there any active treatment you would wish to have if there would be a positive outcome if deemed medically fit for example – iv antibiotics, stent insertion clinically assisted feeding and ventilatory support? Please specify if able:

Alf's wish is not to die in pain. Alf would like to be given medication which prevents me from any distress as far as my pain is concerned.

▶ Do you have any special requests, preferences or other comments?

Please involve my GP and my daughter in planning my end of life care plan. Once the plan is in place, please explain the relevant details to all the staff. Where necessary, involve the local palliative care team.

▶ Are there any spiritual or religious beliefs that are important to you e.g. communion, or a visit from your local church?

Alf is Catholic although he has been non practising for many years. However, Alf would like the opportunity to see a priest should he be in the final stages of his life. His daughter has agreed to arrange this for him and is aware of Alf's wishes.

▶ Would you want to be buried or cremated? Do you have a preference where your remains are laid to rest?

▶ Are there any preferred funeral directors?

Alf's wish is to be cremated and has a funeral plan in place which his daughter is aware of and will provide you with details.

▶ Other concerns:

Alf's major concern would be that his pain is not controlled as having experienced pain for some considerable years, Alf wants to remain pain free at the end of his life.