

## OVERVIEW

- Significant 7 is an observation tool designed by NELFT and primarily used in South & Mid Essex. It is aimed at helping staff recognise early signs of deterioration. Originally designed for use with older people it has been adapted for those adults with a learning disability.
- The concept is that staff will start to use the tool if they think someone they support is becoming unwell. However, we would recommend that if a provider is supporting someone with very complex needs, they should routinely carry out these observations on a weekly basis.
- The areas identified for observation are: Confusion, Mood, Breathing, Hydration/Nutrition, Pain, Skin, Toilet and Mobility.
- A support worker would not need to make a special point of sitting down with an adult to observe these areas but could subtly make the observations during the routine of the day.
- For instance, skin could be observed during assistance with personal hygiene (looking for a change in colour, rash, heat etc) and hydration and nutrition can be observed during a mealtime (looking for a change in appetite or a decrease in intake of both fluids /food)
- One important factor is having an individual baseline that advises staff of the 'normal' situation for the individual. For example, if the adult has clear skin but a patch of eczema on their back then staff would know this is normal and nothing to worry about. Or if they are usually very engaging and lively then a change in mood and becoming withdrawn may signal a possible health concern.
- Significant 7 provide a Significant ME chart to complete and there are also alternative, more detailed easy read Individual Baselines that can be completed with each adult. ( see individual baselines in toolkit)
- The observations are recorded on the weekly chart with a 0 being normal and a 1 for any concerns.
- Any areas that record a concern should be checked. The accompanying Significant 7 booklet suggests a pathway for checking any concerns
- If there are several concerns, then these can be reported to either a GP or 111 or indeed by accessing hospital support. The SBAR flowchart helps to streamline the information you should give when contacting a health professional with concerns
- The weekly recordings should be kept on the individuals file as this will be evidence of regular checking which may be required for future medical purposes, annual health checks, keeping families updated and audit purposes (internal, CQC or PAMMS)

[Significant 7 Booklet](#)

[Significant 7 ME](#)



Significant<sup>+</sup>



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[Significant 7 AWD Weekly Monitoring Chart](#)

[Significant 7 AWD SBAR A6](#)

