

## ReSPECT: COVID 19 Update

### What you need to know

Over upcoming weeks we will be caring for increasing numbers of patients who are at risk of life threatening clinical deterioration

### Why it's important

This is a worrying time for patients, relatives and clinical teams. It is important to recognise not all patients will benefit from, or want, increasing levels of treatment.

Agreeing a treatment escalation plan (TEP) in advance can:

- Reduce the distress caused by making difficult decisions at the time of life-threatening clinical deterioration
- Support patients and family to understand the realistic outcomes of treatment
- Support colleagues to deliver the right care at the right time; ensuring that we offer effective treatment consistent with a patient's goals

- 1) Discuss & develop a TEP, as early as possible, with patients who are at risk of life threatening clinical deterioration including those with:
  - All acute medical and surgical admissions
  - Incurable, life-limiting illnesses
  - Frailty and multi-morbidity
  - Conditions with life-threatening exacerbations
- 2) Recognise, clinical features associated with worse ITU & CPR outcomes:
  - An advanced progressive life limiting illness
  - Irreversible organ impairment requiring organ support, prior to acute illness
  - Multiple complex long-term conditions
  - Clinical Frailty Score\* 5 or more (mild to severe frailty) prior to the acute illness (\*CFS may not be accurate in long term, stable learning disability)
  - Irreversible functional decline prior to acute illness
  - Significant unplanned weight loss
- 3) Hold sensitive, realistic conversations with patients & relatives about their goals & the likely outcomes of interventions
  - If the healthcare team judge that a treatment is of no clinical benefit this should be explained to the patient & family
  - Avoid presenting this treatment as a choice to patients & relatives
  - If there is disagreement seek a second opinion
- 4) Document TEP using ReSPECT ensuring that it includes recommendations regarding:
  - CPR
  - Referral to ICU
- 5) **Inform** colleagues in handovers and huddles that the patient has ReSPECT.

See: COVID-19 rapid guideline: critical care NICE guideline [NG159] Published date: March 2020 Frailty links:  
<https://rise.articulate.com/share/deb4rT02lvONbq4AfcMNRUJudcd6QMts3#/>  
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