

# **Supportive and Palliative Action Register (SPAR)**

## **Importance of Recognising Change**

**NHSGGC Primary Care Palliative Care Team**

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# SPAR

A simple traffic light system initially developed for use in nursing care homes

It identifies changing palliative care needs in the last months of life in frail elderly people and people with dementia to proactively manage the residents care

# SPAR

SPAR focuses on two key aspects of care of the dying

- it provides a simple framework to improve recognition of deterioration and the possible approaching death of a resident
- it suggests some actions that should be considered when a resident is identified as possibly dying

# SPAR

This traffic light system is used in conjunction with the Palliative Performance Scale PPSv2

## Aims:

- Early identification of changing care needs will lead to more appropriate and effective care
- A decrease in the need for crisis intervention
- Less likelihood of inappropriate admissions
- Greater resident / carer involvement

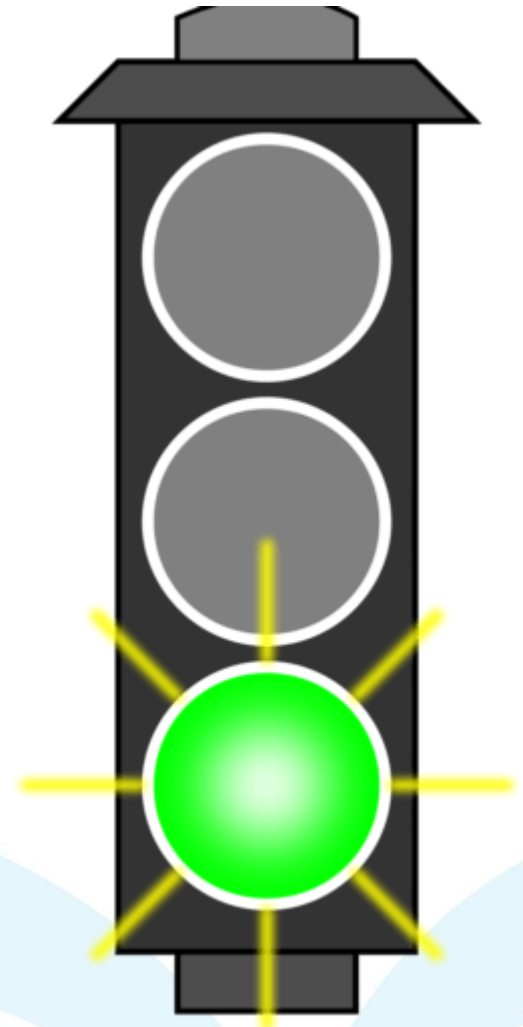
# PALLIATIVE PERFORMANCE SCALE (PPSv2)

PALLIATIVE PERFORMANCE SCALE (PPSv2)					
PPS Level	Ambulation	Activity / Evidence of Disease	Self-Care	Intake	Conscious Level
100%	Full	Normal activity & work No evidence of disease	Full	Normal	Full
90%	Full	Normal activity & work Some evidence of disease	Full	Normal	Full
80%	Full	Normal activity with effort Some evidence of disease	Full	Normal or reduced	Full
70%	Reduced	Unable to do normal job/work Significant disease	Full	Normal or reduced	Full
60%	Reduced	Unable to do hobby/house work Significant disease	Occasional assistance necessary	Normal or reduced	Full or confusion
50%	Mainly sit/lie	Unable to do any work Extensive disease	Considerable assistance required	Normal or reduced	Full or confusion
40%	Mainly in bed	Unable to do most activity Extensive disease	Mainly assistance	Normal or reduced	Full or drowsy +/- confusion
30%	Totally bed bound	Unable to do any activity Extensive disease	Total care	Normal or reduced	Full or drowsy +/- confusion
20%	Totally bed bound	Unable to do any activity Extensive disease	Total care	Minimal to sips	Full or drowsy +/- confusion
10%	Totally bed bound	Unable to do any activity Extensive disease	Total care	Mouth care only	Drowsy or coma +/- confusion
0	Death	-	-	-	-

# SPAR

## GREEN

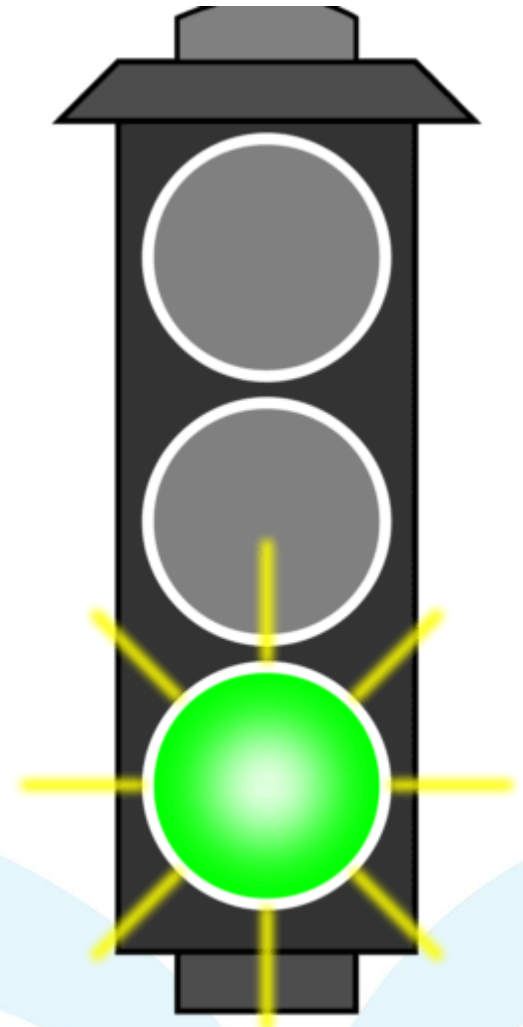
- **Rate of decline**
  - No major change in physical and/or mental status over last month



# SPAR

## GREEN

- **Care needs**
  - Stable
- **Palliative Performance Score (PPSv2)**
  - No change



# Actions

## GREEN

- **Continue to provide optimum management of long term conditions**
- **Update Anticipatory Care Plan documentation**
- **Consider use of “My Thinking Ahead & Making Plans”**
- **Review every month or sooner if significant or sudden change**



# SPAR

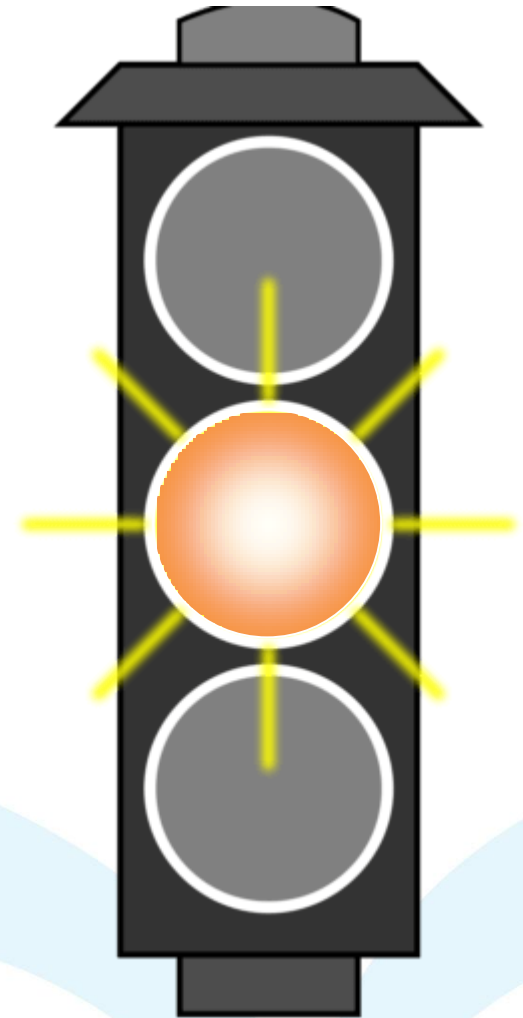
## AMBER

### Rate of decline

- slow to moderate (month by month)

### Sign of irreversible impairment e.g.

- History of recent fall(s)
- Recent infection
- Slight weight loss despite nutritional supplements
- Lack of interest in usual activities e.g. socialising



# SPAR

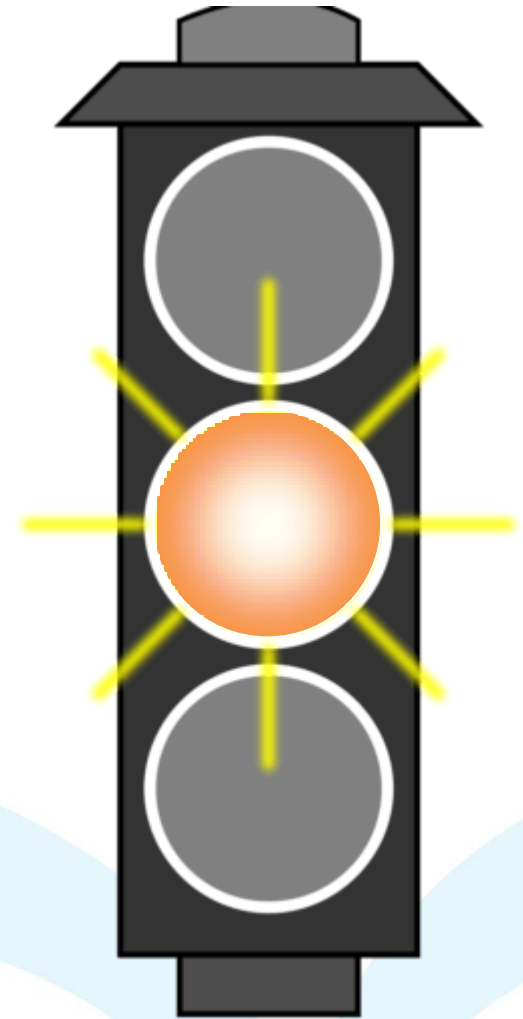
## AMBER

### Care needs

- Noticeable increase

### Palliative Performance Score (PPSv2)

- Decline



# Actions

## AMBER

- **Discuss deterioration with resident/family**  
**Share uncertainty**
- **Agree plans for management/care if resident:**
  - Improves
  - Maintains current functional status
  - Continues to deteriorate
- **Discuss with District Nurse/GP**

# Actions

## **AMBER** *(continued)*

- **Consider preferred priorities of care informed by resident/family wishes**
- **Update Anticipatory Care Plan documentation  
(health section in Care Plan)**
- **Consider use of “My Thinking Ahead and Making Plans”**

# Actions

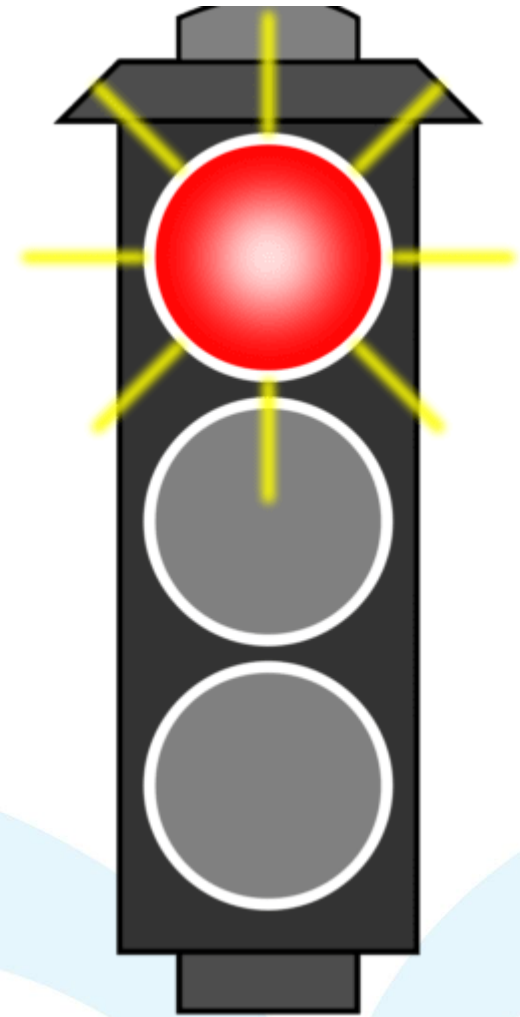
## **AMBER** *(continued)*

- **Discuss with DN/GP completion of DNACPR**
- **Prompt update of KIS (GP)**
- **Revise Supportive and Palliative Action Register (SPAR)**
- **Review weekly or sooner if sudden deterioration**

# SPAR

## RED

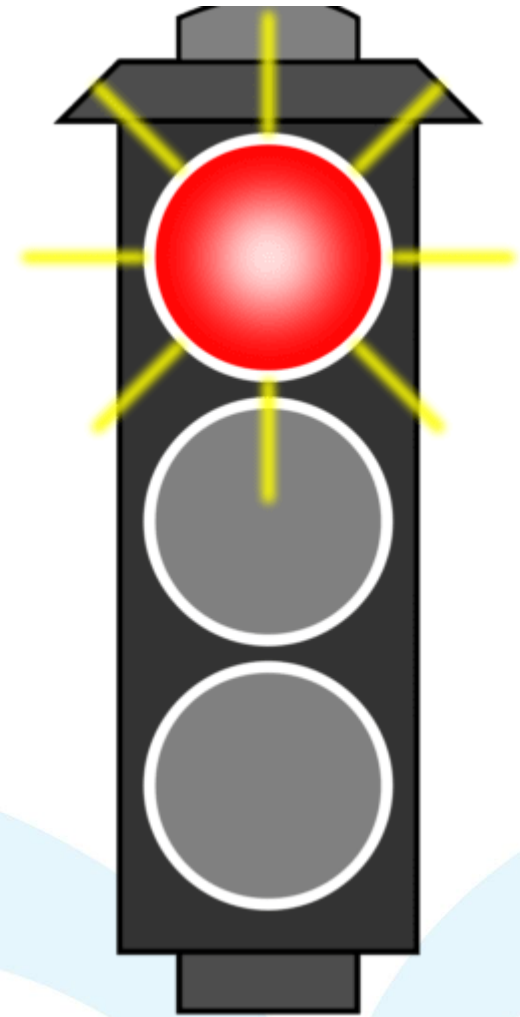
- **Rate of decline either/or**
  - Rapid/severe (day by day)
  - Persistent (week by week)
- **Significant and/or accelerating deterioration**



# SPAR

## RED

- **Extent of reversible deterioration is uncertain or unlikely e.g.**
  - History of recent fall(s)
  - Repeated infections
  - Reduced food/fluid intake
  - Significant weight loss despite nutritional supplements
  - Lack of interest in life e.g. staying in bed



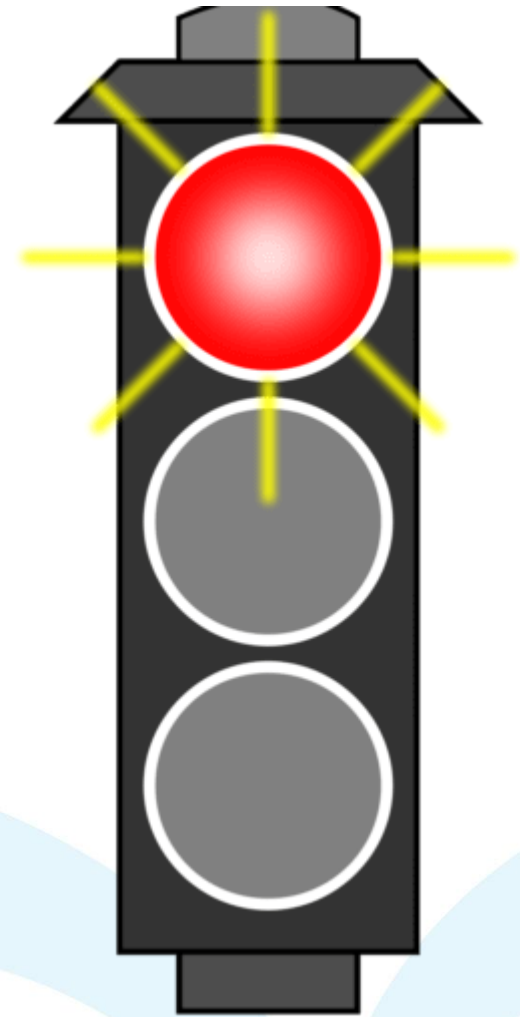
# SPAR

## RED

- **Care needs**
  - Significant/very significant increase
- **Palliative Performance Score (PPSv2)**
  - Further or significant decline

and

- **Admission to hospital is not appropriate or is declined**





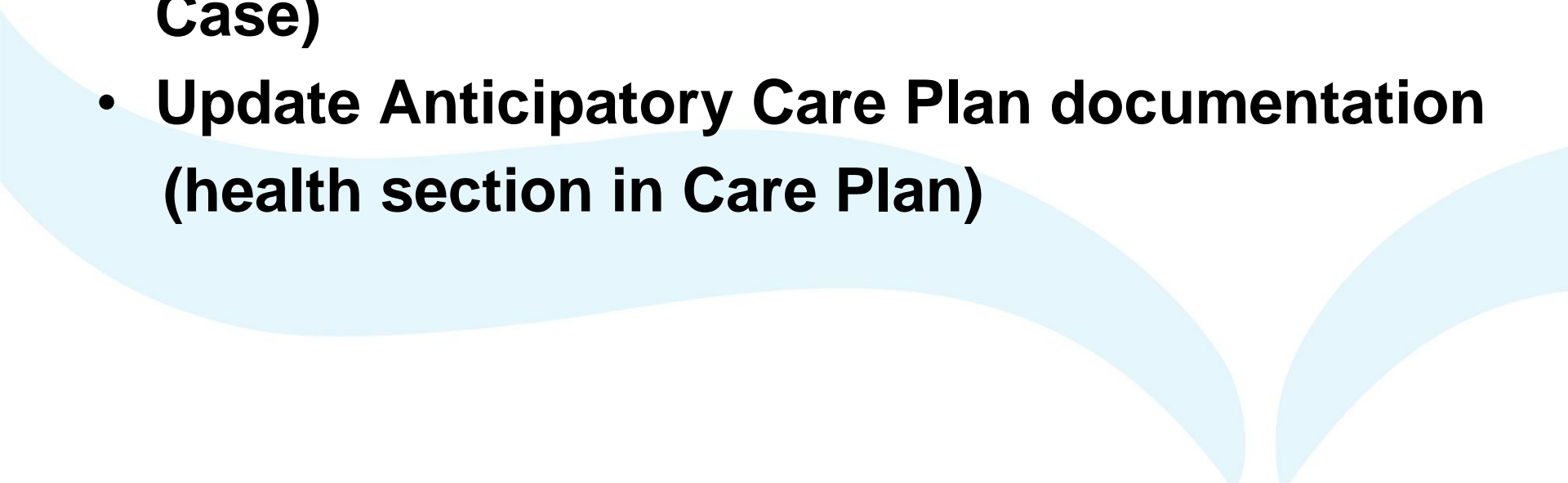
# Actions

## RED

- **Discuss deterioration with resident/family. Share uncertainty**
- **Prepare for possibility of imminent death/recovery**
- **Agree plans for management/care if resident:**
  - Improves
  - Maintains current functional status
  - Continues to deteriorate
  - Dies
- **Discuss with District Nurse/GP**

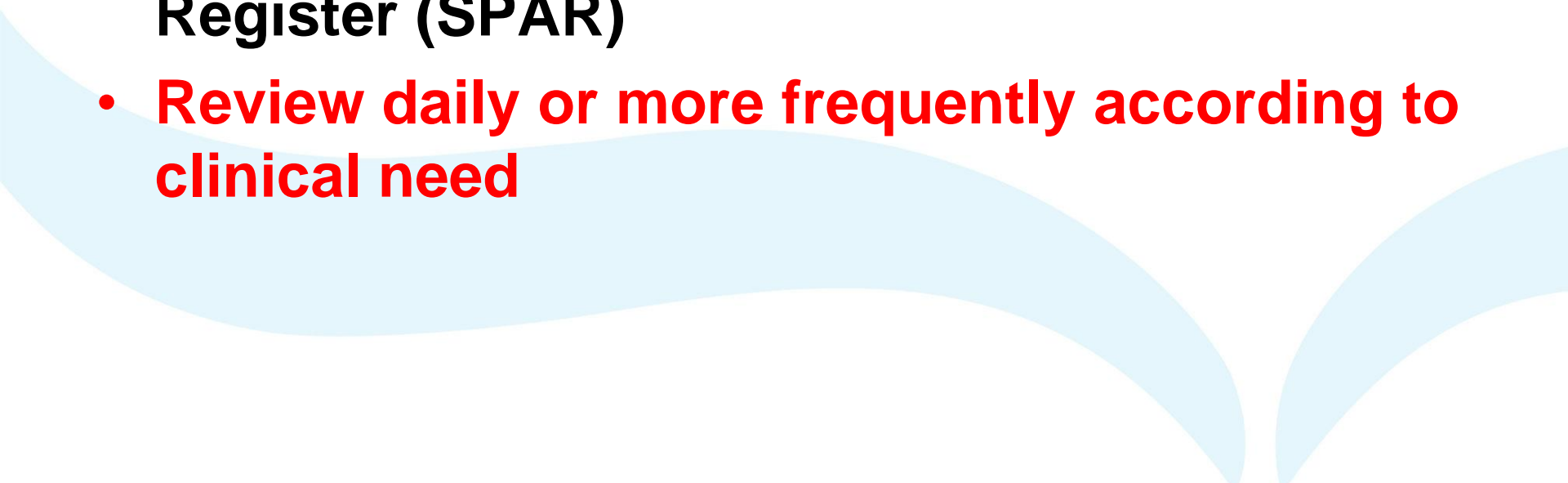
# Actions

## **RED** *(continued)*

- **GP review**
  - **Consider preferred priorities of care informed by resident/family wishes**
  - **Consider anticipatory prescribing (Just in Case)**
  - **Update Anticipatory Care Plan documentation (health section in Care Plan)**
- 

# Actions

## **RED** *(continued)*

- **Discuss with GP completion of DNACPR & RNVoED**
  - **Prompt update of KIS (GP)**
  - **Revise Supportive and Palliative Action Register (SPAR)**
  - **Review daily or more frequently according to clinical need**
- 



# Supportive and Palliative Action Register (SPAR)

Resident's Name: Peter Piper

CHI: 0105418765

Care Home: Ben Starav

Date	PPSV2 %	Failing Rate <i>(please tick):</i>			Comments
		Minimal Green Monthly review	Moderate Amber Weekly review	Rapid / Major Red Daily review	
15/06/17	60	✓			No change MTA&MPs given to Peter/family
11/07/17	60	✓			No change No actions needed
06/08/17	50		✓		Lost interest / needs more help DN contacted – will visit
13/08/17	50	✓			No change from last week DN visited / nil to add
15/08/17	30			✓	Sudden change / Chest infection? GP visit requested / Family contacted
16/08/17	30	✓			Seems a wee bit better  Family contacted
24/08/17	40	✓			Peter stable again Nothing extra needed
20/09/17	40	✓			Stable
19/10/17	40	✓			Stable

# Supportive and Palliative Action Register (SPAR)

Resident's Name: Peter Piper CHI: 0105418765 Care Home: Ben Starav

Date	PPSV2 %	Failing Rate <i>(please tick)</i> :			Comments ..... Continued
		Minimal Green Monthly review	Moderate Amber Weekly review	Rapid / Major Red Daily review	
15/06/17	60	✓			No change MTA&MPs given to Peter/family
07/01/18	20			✓	Peter seems very ill / chest infection? All staff aware / GP visit requested Family contacted
08/01/18	10			✓	Peter dying? DN visiting & GP reviewing later Family aware
09/01/18	10			✓	Peter unresponsive Seems comfortable All family present
10/01/18					Peter died peacefully at 03:17

**Facilitators:**                    **Mairi Armstrong**  
   **Shirley Byron**

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