



Patient & Family Guide
2021

Early Warning Score



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Early Warning Score

Your early warning score (EWS) is a guide used by your health care team. It helps them to quickly find out how sick you are and if there are changes to your condition.

To find your EWS, your health care team will take your vital signs, including:

- › Respiratory rate (breaths per minute)
 - › Oxygen levels in the blood
 - › Temperature
 - › Blood pressure
 - › Heart rate
 - › Level of consciousness (awake and aware)
 - › Any new confusion
- During your hospital stay, your health care team will pay attention to this score, and make note of any changes. Whenever your health care team checks your vital signs, they will calculate this score and compare it to your previous score.
 - Your EWS will be shared with your health care team on every shift so that your health and condition can be closely monitored.

- Our goal is to catch changes early. If your score goes up, your health care team will check your vital signs and other assessments more often. They will also tell other members of your team, like your primary health care provider, about the changes. They will then work together to make a treatment plan to meet your care needs.
- Your health care team is made up of many different team members. **Remember, the most important member of the team is you and your family.** You and your family know you the best. If you notice any changes in your health, no matter how small, always tell your health care team. This helps to make sure the changes are noted and helps your care providers make informed decisions about the care you receive.
- Being admitted to the hospital can be a stressful and busy time. Keeping notes or a journal can help keep track of how you are feeling each day and any questions you may have. We have provided some space for notes at the end of this pamphlet.

What are your questions?

Please ask. We are here to help you.

