

**National Early Warning Score 2  
(NEWS2)**

**and**

**Children's Hospital Early Warning  
Score (CHEWS)**

# NEWS2 and CHEWS

During your hospital stay, your health care team will review your health or your child's health using:

☐ National Early Warning Score 2 (NEWS2) (for adults)

**OR**

☐ Children's Hospital Early Warning Score (CHEWS) (for children)

This score helps them find out:

- › how sick you or your child are.
- › if there are any changes in you or your child's condition.
- Every time your health care team checks you or your child's vital signs, they will calculate this score and compare it to your previous score.
- The CHEWS score also includes any concerns that you and the health care team may have about the child's health and treatment.

- **To find your NEWS2**, your health care team will take your vital signs, including:
  - › Respiratory rate (breaths per minute)
  - › Oxygen levels in your blood
  - › Temperature
  - › Blood pressure
  - › Heart rate
  - › Level of consciousness (how awake and aware you are)
  - › Any new confusion
- **To find your child's CHEWS**, the health care team will take their vital signs, including:
  - › Respiratory rate
  - › Heart rate
  - › Level of consciousness
- Your NEWS2 or your child's CHEWS score will be shared with the health care team on every shift so they can closely monitor you or your child's condition.

- Our goal is to catch changes in your health early. If your score goes up, your health care team will:
  - › Check your vital signs
  - › Do other assessments more often
  - › Tell the other members of you or your child's health care team, including the doctor or nurse practitioner in charge of your care while you are in the hospital, about the changes. The health care team will then work together to make a treatment plan to meet you or your child's care needs.

## Your health care team

- Your health care team has many members.
  - › **Remember, the most important member of the team is you and your support persons.**
- You and your support persons know you or your child best.
  - › **Always tell the health care team if you notice any changes in you or your child's health, no matter how small.** This helps make sure the changes are noted, so the health care team can make informed decisions about you or your child's care.

## **Keeping notes**

- Being in the hospital can be a stressful and busy time. Keeping notes or a journal can help you keep track of:
  - › how you are feeling each day.
  - › any questions you may have.
- **There is space for notes at the end of this pamphlet.**

**What are your questions?**

**Please ask a member of your health care team. We are here to help you.**

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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WX85-2178 © March 2025 Nova Scotia Health Authority  
To be reviewed March 2028 or sooner, if needed.