

## Reflecting on the results

Senior alert reports enable users, units and management to follow their own preventative approach as well as to see the result of a past event, resulting pressure ulcers, weight loss, poor oral health and bladder dysfunction/incontinence. Senior alert has reports for different target groups and aims to support the operation from believing to knowing.

The reports are designed to show overall improvement over time for the individual, unit and within the entire operation. There is also the opportunity for comparison. By reflecting on results, improvement work is stimulated.



## Improvements

Working with Senior alert encourages employees and managers to work towards continuous improvements, where the person's needs and values are paramount and added value is created. By analyzing and reflecting on its results, the operation can identify areas for improvement, set goals, try different ideas, measure and follow up.

Small changes are tested systematically using the PDSA wheel; Plan, Do, Study and Act. It is about reducing the gap between the operation's current situation and the desired position.

## Support from Senior alert

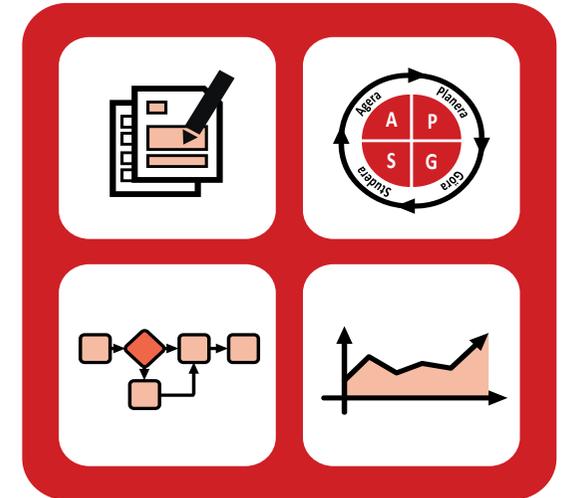
- [www.senioralert.se](http://www.senioralert.se)
- Manuals and instructional films
- Good examples and inspirational films
- Telephone and e-mail support, Monday - Friday
- Web tutorials, register, reports, preventative approaches, oral health, success with Senior alert as well as for regional co-ordinators.
- Education: Basic Course, Team Training based improvement knowledge, Measuring with Senior Alert, Region Coordinator Training
- On improving knowledge: [www.lj.se/qulturum](http://www.lj.se/qulturum)
- Region coordinator and local coordinator in own operations

## More information

[www.senioralert.se](http://www.senioralert.se) | [senioralert@rjl.se](mailto:senioralert@rjl.se)

# Senior alert

## More than just a quality register



## Senior alert

Senior alert is a national quality register that aims to ensure a preventative approach within the areas of cases of falls, pressure ulcers, malnutrition, poor oral health and bladder dysfunction/incontinence.

Senior alert is based on an overall approach where registration in the quality register; a preventative approach, reflection on results and improvement, are the key ingredients.

Senior alert is aimed at all professionals and businesses in the field of health and social care. By working with improvements in daily life, added value is created.



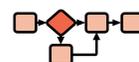
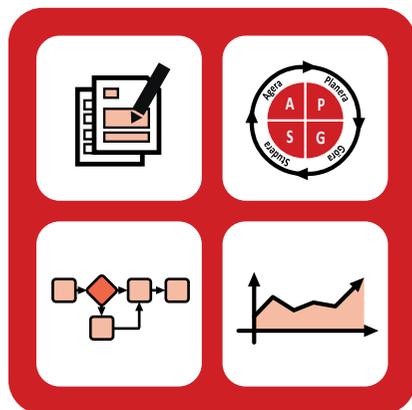
### Registration in the quality register

The register supports a systematic approach in which all the steps of the preventative care policy are recorded by hand.

The steps are risk assessment, the underlying causes of risk, planning of preventative interventions/measures, events such as falls, pressure ulcers, weight, poor oral health as well as follow-up and closure.

Registration in Senior alert, is the organisation's own basis for continuous improvement efforts. All registration can be followed online over time and extracted as reports.

To use the quality register, it is required that the organisation is connected to the Senior alert system. Information and notifications are available at [www.senioralert.se](http://www.senioralert.se).



## Preventative approaches

The goal of Senior alert is to prevent falls, pressure ulcers, malnutrition and poor oral health, but also to promote health. Systematics and structure are prerequisites for the success of a preventative approach.

### Risk assessment

The first step in a preventative approach, is to work with the person to identify possible risk in the five areas; falls, pressure ulcers, malnutrition, poor oral health, and bladder dysfunction/incontinence. For this, various standardised assessment techniques are used. Knowledge of the individual's risk factors form the basis for the preventative measures that should be carried out.

### Team-based investigation of the underlying causes

To allow for the right measures to be taken, the underlying causes of the risks must be identified. The individual, together with the team, with its various skills, is important for highlighting the causes on the basis of different perspectives.

### Preventative actions/interventions

When the risks and underlying causes are determined, planned and implemented preventative interventions can be carried out based on the individual's needs. The preventative interventions within each area in Senior alert are based on evidence and described in accordance with Classification of Healthcare Interventions/Measures, KVA (The National Board of Health and Welfare). The procedures carried out by Senior alert are built on a team-based approach where multiple professional groups are involved.

### Events

It is important to know that, with regard to falls, pressure ulcers, weight loss, poor oral health and bladder dysfunction, prevention interventions are effective.

### Follow-up

The Senior alert team follow up the preventative interventions/measures. At the follow-up stage the team will investigate what steps have been carried out, and whether pressure ulcers, weight loss, poor oral health and bladder dysfunction have been incurred. Should the desired results not have been accomplished, then a decision will be made regarding additional alternative measures, together with a new follow-up procedure.

### Closure

Closure is determined when an individual is deregistered, moves or dies. In a preventative approach, risk evaluation is fundamental and in everyday work activities the focus is on prevention and follow-ups.