

Behaviour Tracking Tool Directions
(Modified from Dementia Observation System)
Rosehaven Provincial Program

BACKGROUND

* Although the Dementia Observation System was originally designed for observing behaviours associated with dementia, it can be a useful tool for determining the daily rhythm to any person's day – regardless of diagnosis.

When to Use?

- Whenever a change or concern arises in the person's typical behavioural profile, particularly where sleep is disrupted in any fashion.

Behavioural Key

- The Behavioural Key is in the upper left hand corner of the Behaviour Tracking Tool. Based on the unique characteristics of the individual, targeted behaviours are identified and assigned a numerical code. Up to eight behaviours can be identified and designed so the lower the number assigned to the behaviour, the lower the associated risk. The higher the number, the higher the associated risk.
- The Behaviour Tracking Tool can be individualized to capture any behaviour. However, it is important to include positive behaviours such as "awake/calm" because if the behavioural key does not include these anchors, portions of the 24 hour map will either be left blank or other descriptors could be filled in, resulting in inconsistencies. It is therefore recommended that the first three anchors be "sleeping in bed, sleeping in chair, awake and calm."

DIRECTIONS

- Based on consultation with the care team, up to five targeted behaviours are identified (in addition to the three standard positive behaviours: 1. Sleeping in Bed 2. Sleeping in Chair 3. Awake & Calm).
- Identify level of risk for each targeted behaviour and assign a numerical code accordingly with lowest numbers assigned to lowest associated risks.
- Complete the Behavioural Key on the Behaviour Tracking Tool with assigned codes and behavioural descriptions.
- At the beginning of every shift over the course of using the Behaviour Tracking Tool, a staff person (recorder) will be designated to be responsible for completing the Behaviour Tracking

Tool.

- The designated staff recorder will record the behaviours in 30 minute intervals over the course of his/her shift according to the codes in the Behavioural Key.
- While it is unlikely that the recorder will be able to complete entries in the Behaviour Tracking Tool every 30 minutes, it is important that the observations be recorded after snacks and meals (i.e., every two hours) to ensure the information is as accurate as possible. It will not be possible to accurately complete the Behaviour Tracking Tool at the end of the shift.
- It is expected that all staff will alert the designated recorder of targeted behavioural activity in the recorder's absence (e.g., recorder on a break or resident's program involvement).
- Nurses are requested to write down PRN administrations in the appropriate time slot on the Behaviour Tracking Tool as helpful information can be gleaned about the effects of same.
- After one week, assign colors to each behavioural code, collapsing categories using one color if appropriate (e.g., use blue for sleep - codes 1 & 2).
- Using colored markers, color each 30 minute square according to the code and assigned colors.

Use corresponding numbers to record in 1/2 intervals.

- 1. Sleeping in Bed 5.
- 2. Sleeping in Chair 6.
- 3. Awake/Calm 7.
- 4. 8.

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