

Name: \_\_\_\_\_

Dates: From \_\_\_\_\_ to \_\_\_\_\_

### Dementia Observational System (DOS) Tool<sup>1</sup>

**Purpose:** The DOS tool is used to assess a person’s behaviour over a 24 hour cycle for up to seven days to determine the occurrence, frequency, and duration of behaviours of concern.

**When to use the DOS tool:**

1. Upon admission for the first seven days to establish a baseline behavioural profile.
2. Whenever there is a change or concern about the person’s behaviours.
3. To evaluate the effectiveness of a planned intervention on the care-plan that is addressing specific target behaviours (e.g., has there been a change in the duration or frequency of the behaviour).

**Directions:**

1. Review behavioural key on the tool. Attach progress notes to the DOS.
2. Select the corresponding number from the behavioural key that best describes the person’s behaviour within the time period and record in the half hour slot provided under the appropriate date.
3. Record the behaviour in 30 minute intervals for the duration of up to seven days to determine trends.
4. Record behaviours of concern on the progress notes, using well-defined, neutral terms. Include:
  - **What**                   What behaviour was observed?
  - **Where**                Where did the behaviour occur?
  - **Why**                    What has happening just before the behaviour occurred?
  - **How**                    What interventions were used – how were they implemented?
  - **Outcome**            How did the resident respond?
5. To interpret results, use colour codes to assist in identifying patterns. Colour each 30 minute square for each 24 hour cycle with an assigned colour. Example of assigned colours:

Code	Colour	Behaviour
1 - 2	<b>Blue</b>	sleeping in bed/sleeping in chair
3	<b>Green</b>	awake/calm
4	<b>Yellow</b>	noisy
5	<b>Orange</b>	restless / pacing
6	<b>Brown</b>	exit seeking
7	<b>Pink</b>	aggressive - verbal
8	<b>Red</b>	aggressive - physical
9		other
10		other

6. For each 24 hour column, calculate the number of hours spent in sleep, calmness, restlessness, verbal aggression/agitation and physical aggression.
7. Summarize the analysis in the person’ progress records with a note that describes the total number of days of the record, range of hours spent in each category of behaviour and any significant negatives.  
For example: Behavioural Summary for February 1<sup>st</sup> to 7<sup>th</sup>, 2010:

*“There have been 10 events of verbal aggression in the past seven days which lasted approximately one hour each. On two of these occasions, verbal aggression was prolonged, about two hours in length, and immediately preceded two half hour events of physical aggression (hitting and pinching during care). Most events occurred between 1600 and 1930 hours”.*

<sup>1</sup> Adapted by Interior Health from the P.I.E.C.E.S. (2008) Resource Guide: A Model for Collaborative Care and Changing Practice, pages 88-92. For clinical and educational purposes only. Shared with permission.

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**Use corresponding numbers to record behaviours in ½ hour intervals:**

1. Sleeping in Bed    3. Awake/Calm    5. Restless/Pacing    7. Aggressive – verbal    9. Other: \_\_\_\_\_  
 2. Sleeping in Chair    4. Noisy    6. Exit Seeking    8. Aggressive – Physical    10. Other: \_\_\_\_\_

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