



NAME: _____

HSN: _____

D.O.B.: _____

DIRECT OBSERVATION SYSTEM (DOS) TOOL

Page 1 of 2

1. Sleeping in bed 3. Awake/Calm 5. _____ 7. _____ 9. _____
 2. Sleeping in chair 4. _____ 6. _____ 8. _____ 10. _____

Instructions: Use the corresponding numbers to record the behaviour in ½ hour intervals (refer to Page 2 of 2)

| | | | | | | | |
|-------|--|--|--|--|--|--|--|
| Date: | | | | | | | |
| Time | | | | | | | |
| 0000 | | | | | | | |
| 0030 | | | | | | | |
| 0100 | | | | | | | |
| 0130 | | | | | | | |
| 0200 | | | | | | | |
| 0230 | | | | | | | |
| 0300 | | | | | | | |
| 0330 | | | | | | | |
| 0400 | | | | | | | |
| 0430 | | | | | | | |
| 0500 | | | | | | | |
| 0530 | | | | | | | |
| 0600 | | | | | | | |
| 0630 | | | | | | | |
| 0700 | | | | | | | |
| 0730 | | | | | | | |
| 0800 | | | | | | | |
| 0830 | | | | | | | |
| 0900 | | | | | | | |
| 0930 | | | | | | | |
| 1000 | | | | | | | |
| 1030 | | | | | | | |
| 1100 | | | | | | | |
| 1130 | | | | | | | |
| 1200 | | | | | | | |
| 1230 | | | | | | | |
| 1300 | | | | | | | |
| 1330 | | | | | | | |
| 1400 | | | | | | | |
| 1430 | | | | | | | |
| 1500 | | | | | | | |
| 1530 | | | | | | | |
| 1600 | | | | | | | |
| 1630 | | | | | | | |
| 1700 | | | | | | | |
| 1730 | | | | | | | |
| 1800 | | | | | | | |
| 1830 | | | | | | | |
| 1900 | | | | | | | |
| 1930 | | | | | | | |
| 2000 | | | | | | | |
| 2030 | | | | | | | |
| 2100 | | | | | | | |
| 2130 | | | | | | | |
| 2200 | | | | | | | |
| 2230 | | | | | | | |
| 2300 | | | | | | | |
| 2330 | | | | | | | |

DIRECT OBSERVATION SYSTEM (DOS) TOOL

Page 2 of 2

Patient/Resident Label

NAME: _____

HSN: _____

D.O.B.: _____

Purpose:

The DOS tool is used to assess a person's behaviour(s) over a 24 hour cycle for up to 3 days to determine the occurrence, frequency, and duration of behaviour(s) of concern. Do not add behaviour(s) once the DOS has been initiated.

When to use the DOS tool:

- To establish a baseline behavioural profile, upon admission for the first three (3) days
- When there is a change or concern about the person's behaviour(s)
- To evaluate the effectiveness of a care planned intervention(s) that is addressing targeted behaviour(s) [e.g. has there been a change in the duration or frequency of the behaviour(s)]
- To evaluate the effectiveness of medication changes

Directions:

- Review behavioural key (refer to table below)
- Determine the client's behaviour(s) and prioritize according to the risks and list client-specific behaviour(s) to the tool [do not exceed three (3) behaviour(s). Use the *Cohen Mansfield Agitation Inventory* as a guide to best describe the behaviour(s)].
- Record the behaviour(s) in 30 minute intervals for the duration of up to 3 days to determine trends.
- Progress Notes should be used to provide further details regarding the behaviour(s), and include the following:
 - **What** What behaviour was observed?
 - **Where** Where did the behaviour occur?
 - **Why** What happened just before the behaviour occurred?
 - **How** What interventions were used – how were they implemented?
 - **Outcome** How did the resident respond?
- 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 | Blue | Sleeping in bed/chair |
| 3 | Green | Awake/Calm |
| 4 | Pink | Verbal disruptions |
| 5 | Yellow | Restless/Pacing |
| 6 | Orange | Exit seeking |
| 7 | Purple | Aggressive – verbal |
| 8 | Red | Aggressive – physical |
| 9 | | |
| 10 | | |

- For each 24 hour column, calculate the number of hours spent in sleep, calmness, restlessness, or other behaviours.
- Summarize analysis in the progress records with a note describing the total number of days of the record, range of hours spent in each category of behaviour(s), and any significant negatives. (i.e. Behavioural Summary for February 1-7, 2010: **There have been ten (10) events of verbal disruption in the past three (3) days, which lasted approximately one (1) hour each. On two (2) of these occasions, verbal aggression was prolonged, about two (2) hours in length, and immediately preceded two (2) half hour events of hitting and pinching during care. Most events occurred between 1600 and 1930 hours.**)

Adapted 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.