

Hertfordshire Behavioural & Psychological Symptoms of Dementia checklist

This checklist should be used as a guide to exclude possible causes of any change in behaviour or functioning of residents with dementia. It should be completed prior to any referral to Community Mental Health Team.

Residents Name:

DOB:

Observer:

Physical Factors	Y/N	Actions Taken/Investigations	Comments
Infection (Urine, wound, ear, chest etc.)			
Bowels (Change of habit, constipation)			
Pain (Assess pain using pain assessment tool e.g. Abbey pain tool, Painad)			
Dietary concerns (Loss of appetite, weight loss, hunger, check dentures)			
Dehydration (Thirst, check fluid chart)			
Sleep problems (Environment, noise, medications, caffeine/alcohol, sleeping during the day)			
Recent Falls			
Incontinence			
Medications (Check side effects of medications, concordance issue?)			
Communication problems (Hearing, eyesight problems)			
Other (Results of recent blood tests, hallucinations)			

Environmental/Emotional Factors	Y/N	Actions Taken or Evidence	Comments
Change in Physical Surroundings (Recent move)			
Staff (Unfamiliar to resident)			
Fellow Residents (New residents, unusual behaviour)			
Visitors (New Visitors, frequency of visits, conflict with family members or visitors)			
Boredom			
Bereavement			
Confinement			
Over stimulation (TV, music, activities)			
Environment (Too hot, too cold, too dark)			
Time of the day (What time does the behaviour occur?)			

Name of staff completing the form:

Designation:

Signature:

ABC Analysis

It is important that we capture ABC Charts prior to contacting mental health services. An ABC Behaviour Chart is an evidence-based observation tool. It documents what occurred before, during, and after a behaviour. In addition, it aids in understanding the origins of potentially troublesome behaviours.

We need to understand what causes or triggers particular behaviours to handle distress. Therefore, it'd be best to divide observations into ABC Behaviour Groups. Moreover, using this tool can assist us in comprehending the motivations behind specific behaviours. Also, it may suggest more effective care and intervention.

Date	Time	Activity What activity was going on when the behaviour occurred	Antecedent There must be something that would happen before a challenging behaviour occurs. We call that "something" Antecedent or Action. Antecedents might come into play due to specific triggers, such as hunger or fatigue.	Behavior This stage is all about the occurred behaviour itself. It involves a description of the actual conduct. In addition, behaviour requires information about what happened, what was said, how long the occurrence lasted, and how intense it was.	Consequence The consequence term describes what happened as a result of the behaviour. For instance, if a person responded to the behaviour, the child withdrew from an activity or experienced sensory stimulation.