

Worksheet to Document the Frequency, Duration and Intensity of Behavioral Disturbances

Resident: Mary

Describe Target Behavior: getting up unassisted at night (from bed or wheelchair); becomes agitated and mildly combative with staff when they try to assist her

Describe Duration of Target Behavior: 2-3 minutes

(i.e., a few minutes, entirety of ADL care, several hours)

Frequency & Intensity of Target Behavior:**

Date:	Jan 22			Jan 23			Jan 24			Jan 25			Jan 26			Jan 27			Jan 28		
Frequency	D	E	N	D	E	N	D	E	N	D	E	N	D	E	N	D	E	N	D	E	N
Per Shift																					
>6																					
6																					
5																					
4			X					X			X										X
3						X											X				
2					X			X						X			X				X
1		X							X			X			X			X			X
0	X			X			X		X		X		X		X		X		X		X
Intensity																					
4																					
3																					
2		X	X		X	X		X	X		X	X		X	X		X	X		X	X
1																					
0	X			X			X		X		X		X		X		X		X		X

D= Day shift E= Evening Shift N= Night Shift

****Intensity Scale:**

- 0- No effect on self/ others
- 1- Little effect on self/others
- 2- Moderately disruptive/ possible safety risk to self/ others
- 3- Significantly disruptive/ self or others are at risk
- 4- Extremely disruptive/ significant safety risk to self or others

Assess & Treat Contributing Factors:

Category	Description	Treatment
Physical	Urinary Urgency? Poor Vision + Hearing	Introduce Prompted Voiding Protocol
Environment		
Psychological	Boredom	Assess for use of Merry walker for safe ambulation
Psychiatric	Depression	Engage in more stimulating group activities during the day

Did frequency, duration, and/ or intensity improve by treating the contributing factors? YES NO