

## **Behavioral Symptoms: Self-Assessment Tool**

### **Purpose:**

- To identify what processes of care your facility has in place
- To identify what areas need improvement

### **Topics included in the self-assessment for physical restraints:**

- A. Culture, organizational commitment and teamwork
- B. Staff training
- C. Environment

### **Directions:**

- The self-assessment should be completed by the director of nursing (DON), quality improvement director, or other management staff.
- Use your facility policies, procedures and general practices to answer questions under topics A, B and C.
- Consult with other staff as needed.
- Check the appropriate boxes **Yes** or **No** and add comments to clarify answers.
- Please answer all questions honestly, as the first step in quality improvement is assessing current practices in order to identify opportunities for improvement.

## A. Culture, Organizational Commitment and Team Work

	Yes	No	Comment
1. Are behavioral symptoms addressed by an interdisciplinary team on a regular basis?			
2. Is the team trained to assess the resident's behavior and to develop individualized interventions based on:			
<ul style="list-style-type: none"> <li>• circumstances of the behavior (time, frequency, location, persons present, situation, motivation, feelings, and agenda)</li> </ul>			
<ul style="list-style-type: none"> <li>• past staff approaches and resident reactions</li> </ul>			
3. Does administration provide appropriate resources for the management of behavioral symptoms such as:			
<ul style="list-style-type: none"> <li>• Adequate staffing</li> </ul>			
<ul style="list-style-type: none"> <li>• Continuing education</li> </ul>			
<ul style="list-style-type: none"> <li>• Funds for environmental and equipment modifications</li> </ul>			
4. Are there multiple activities and exercise programs provided throughout the day and afternoon shifts for cognitively impaired and cognitively intact residents?			
5. Does staff have materials such as activity or memory boxes to use with residents on all three shifts and on the weekends?			

## B. Staff Training and Education

	Yes	No	Comment
1. Is direct care staff trained annually in dementia care?			
2. Does the training include:			
• Types and causes of behavioral symptoms			
• Stages of Alzheimer's disease			
• Concepts related to dementia care			
• Medical evaluation			
• How to take immediate action			
• Behavior assessment			
• Individualized care planning including general and specific behavior management strategies			
• Monitoring and evaluation			
3. Do new employees receive training in:			
• General behavior management strategies			
• Specific behavior management strategies			
4. Are all facility staff trained in how to provide a calm, supportive environment for residents with dementia?			

### C. Environment and Equipment

	Yes	No	Comment
1. Are noise and activity levels regulated to maintain a calm environment around confused or disoriented residents?			
2. Is the environment modified to accommodate special needs and limitations of residents with dementia?			
3. Is there a secure outside area for residents with dementia to ambulate or propel wheelchairs?			
4. Are there sufficient alarms and supervision so that residents who wander do not exit the building unsupervised?			