Appendix M: Example: Behaviour Monitoring Log

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Behavior Monitoring Log
Background and Instructions for Use

Purpose:

To facilitate consistent observation and documentation of behaviors so that patterns and meaning can be determined.

Directions for use:

1. In the space next to the item labeled "Specific Target behavior," record the behavior under observation (e.g., falls from bed, leaves unit, hits others, pulls at dressing).

2. Record the client's name and room number in the spaces provided.

3. Record specific observations for each episode of the designated behavior in relevant columns of the log:
   a. In Column 1, record the date of the observation of behavior.
   b. In Column 2, record the exact time when the behavior was observed (Example: 10:30 AM).
   c. In Column 3, record exactly what behavior was observed (Example: fell when attempting to arise from chair unassisted).
   d. In Column 4, record location where the episode occurred (Example: red chair in day room).
   e. In Column 5, note persons who were present and what they were doing (Example: Clients T. Jones & P. Smith; C.N.A. (Certified Nursing Assistant) F. Fox talking with client T. Jones).
   f. In Column 6, describe what <u>could</u> be happening internally (*inside* the client) to precipitate the behavior (Example: Client stated she had to go to the bathroom urgently; had a diuretic at 9:00 AM).
   g. In Column 7, record what <u>could</u> be happening externally (*outside* the client) to precipitate the behavior (Example: No one available to take client to bathroom; client's walking frame out of reach behind chair; floor recently polished).
   h. In Column 8, describe what interventions helped (or could have helped) the client to resolve the behavior (Example: Taken to the bathroom every hour 9:30 AM to 12:30 PM, then every two hours until bedtime; kept walking frame next to chair when seated; obtained new shoes with non-skid soles).

4. Continue observation and documentation of designated behaviours until (a) pattern(s) in occurrence can be detected (e.g., behaviour seems to occur at specific times of day; certain persons in the environment appear to trigger a response; behaviour corresponds with a lifetime habit of afternoon walks, etc.).

5. Maintenance of the log for several episodes of the behaviour and around the clock will probably be necessary to detect patterns. As interventions that alter the behaviour are identified, these can be incorporated into the individualized care plan.

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Behavior Monitoring Log
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Specific Target Behavior: _____

Client's Name: _____ Room # _____

Date	Exact time	What happened?	Where?	Who else was present?	What could be happening internally (inside client) to precipitate behavior?	What could be happening externally (outside client) to precipitate behavior?	What interventions help (could help) client?

Adapted from: Strumpf, N., Robinson, E.J.P., Wagner, J.S., & Evans L.K. (1998). *Restraint-free care: Individual approaches for frail elders.* New York: Springer Publishing, pp. 44-46.

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