

Direct Observation System (DOS)

The Direct Observation System (DOS) tool is used to monitor multiple behaviours and activities throughout a day for all days in a week. It allows you to assess possible relations between various behaviours.

When to use this chart:

- ▶ To track various behaviours or activities on one page.
- ▶ To assess if there are any behaviour patterns.
- ▶ To track frequency of behaviours that challenge.
- ▶ To track the impact of a medication.

Instructions:

- ▶ Add the person's name and dates to the chart.
- ▶ See the legend in the top left corner. Add in the behaviours or activities you want to track (no more than 8). Include positive or calm behaviour as well.
- ▶ You may also want to colour-code the behaviours to help see the patterns (for example, calm behaviours = green; neutral behaviours = yellow; high risk behaviours = red).
- ▶ For each 30-minute interval, record the number that best captures the behaviour.
- ▶ Review this chart as a team and share with health care provider, behaviour therapist, etc.

This tool does not go in any depth on one area, so you may want to use this to gather general data, then use a more specific chart (see other monitoring charts) for further detail.

Use the corresponding numbers to record the behaviour in 1/2 hour intervals.

1. Sleeping in bed

2. Sleeping in Chair

3. Awake/Calm

4. Calling Out

5. Verbal Aggression

6. Physical Aggression

7. Bowel Movement

DATE	April 1	April 2	April 3	April 4	April 5	
AM	12:00	1	1	1	3	5
	12:30	1	3	2	5	3
	1:00	3	4	6	3	1

To learn more, a helpful slideshow is available. The Direct Observation System (DOS) [Slideshow]; Logan, T., P.I.E.C.E.S. Manager Geriatric Services Resource Team, 2006. Available at: <https://slideplayer.com/slide/12391624/>

Adapted from The Dementia Observational System: A Useful Tool for Discovering the Person Behind the Illness. Schindel Martin, L..

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