

# Monitoring Chart: ABC (Antecedent \ Behaviour \ Consequence)

<b>Patient Name</b>		<b>Date of Birth</b>	<b>Results to be reviewed and analyzed with:</b>
First	Last		

Use this observational tool to record information on behaviours that challenge. The aim of using this chart is to better understand what the behaviour is communicating. Be as objective as possible when describing behaviour. Describe what you see and hear. Check for occasions or triggers where the behavior is most likely to occur. Look at what consequences might be maintaining the behavior. Based on the observation, develop a plan.

## Pre-existing conditions

Factors that increase vulnerability or sensitivity to triggers. Think HELP factors: Health or medical problems (H), Environmental stressors (E), Life events or trauma (L), Psychiatric disorder (P)

## Antecedent

What happened just before the behaviour occurred and might have triggered it? Include setting and activities.

## Behaviour

Describe the behaviour as accurately and specifically as possible. Include frequency, duration, and intensity on a scale of 1 to 5 (5 is most severe).

## Consequence

Things that happened immediately after the behaviour occurs, and make it more or less likely to happen again

Occasion	Pre-existing conditions	Antecedent	Behaviour	Consequence
<b>Example</b> Date Feb 6/10 Time 6:30-7:10pm Observer Rene - evening staff member	H: John had a toothache. L: John's mother was in hospital with broken hip and could not visit. L: John's usual primary staff member was on holidays.	E: John was eating supper in kitchen when another resident bumped into him when passing food.	John started to yell and threw his plate across the table. He ran out of room, screamed for 10 minutes and threw cushions around living room. The intensity was 4/5.	<ul style="list-style-type: none"> <li>- Staff made a change to the environment, removing other residents, to create a calming space, to help reduce sensory overload.</li> <li>- Staff noted and acknowledged the life stressors for John and that he is likely feeling overwhelmed and distressed, missing his mother and primary worker.</li> <li>- Staff said sorry for having been bumped into during supper. Staff showed empathy for John's difficulty.</li> <li>- Staff offered John a soft sandwich, which was easier for him to eat, recognizing that the current meal was hard to chew and likely painful for him. A dental appointment has been booked.</li> </ul>
Date  Time  Observer				
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