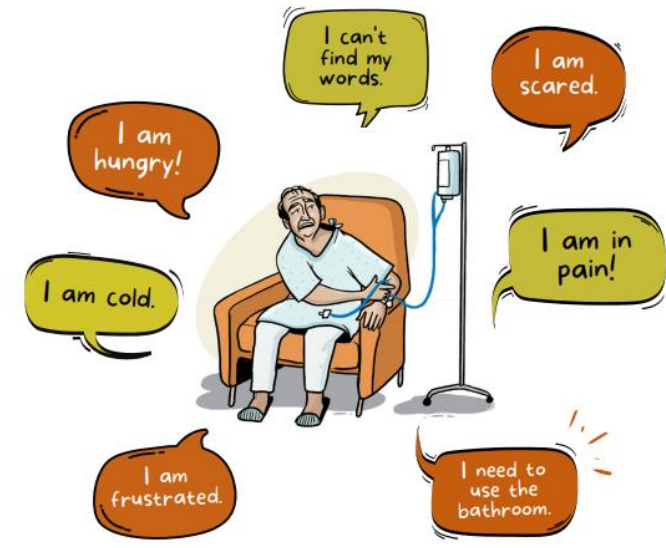


My Behaviour Has Meaning

By understanding the meaning, you can tailor your approach to prevent or reduce responsive behaviours/ personal expressions.

Developed by: Behavioural Supports in Acute Care Collaborative


My Behaviour Has Meaning!



By understanding the meaning, you can tailor your approach to prevent or reduce responsive behaviours / personal expressions.

Contact Us
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Soutien en cas de troubles du comportement en Ontario

We want to hear from you! 

What are responsive behaviours/ personal expressions?



- Associated with dementia, complex mental health, substance use and/or other neurological conditions.
- Words or actions that are a form of meaningful communication, often in response to unmet needs.
- Result of changes in the brain that may be affecting mood, judgment, perception and memory and/or changes in the person's environment

(Alzheimer Society of Canada, 2019; Behavioural Supports Ontario, n.d.).



Responsive Behaviours/Personal Expressions



4	Vocal Expressions (Repetitive)
<input type="checkbox"/> Crying	<input type="checkbox"/> Questions
<input type="checkbox"/> Grunting	<input type="checkbox"/> Requests
<input type="checkbox"/> Humming	<input type="checkbox"/> Sighing
<input type="checkbox"/> Moaning	<input type="checkbox"/> Words
<input type="checkbox"/> Other:	

5	Motor Expressions (Repetitive)
<input type="checkbox"/> Banging	<input type="checkbox"/> Grinding teeth
<input type="checkbox"/> Collecting/Hoarding	<input type="checkbox"/> Pacing
<input type="checkbox"/> Disrobing	<input type="checkbox"/> Rattling
<input type="checkbox"/> Exploring/Searching	<input type="checkbox"/> Rocking
<input type="checkbox"/> Fidgeting	<input type="checkbox"/> Rummaging
<input type="checkbox"/> Other:	

6	Sexual Expression of Risk
<input type="checkbox"/> Explicit sexual comments	
<input type="checkbox"/> Public masturbation	
<input type="checkbox"/> Touching others - genitals	
<input type="checkbox"/> Touching others - non-genitals	
<input type="checkbox"/> Other:	

7	Verbal Expression of Risk
<input type="checkbox"/> Insults	<input type="checkbox"/> Swearing
<input type="checkbox"/> Screaming	<input type="checkbox"/> Threatening
<input type="checkbox"/> Other:	

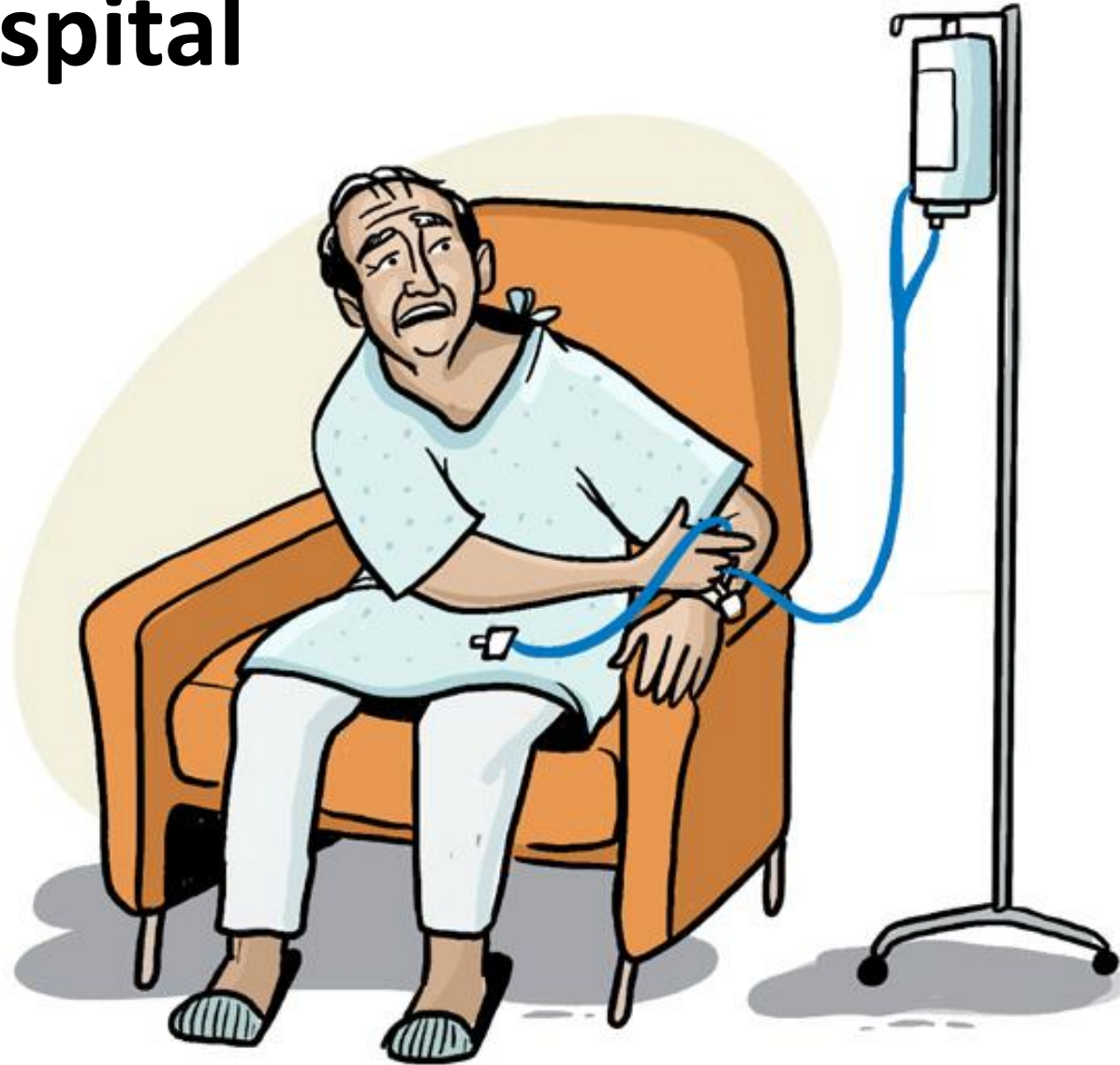
8	Physical Expression of Risk
<input type="checkbox"/> Biting	<input type="checkbox"/> Punching
<input type="checkbox"/> Choking others	<input type="checkbox"/> Pushing
<input type="checkbox"/> Grabbing	<input type="checkbox"/> Scratching
<input type="checkbox"/> Hair pulling	<input type="checkbox"/> Self-injurious
<input type="checkbox"/> Hitting	<input type="checkbox"/> Slapping
<input type="checkbox"/> Kicking	<input type="checkbox"/> Spitting
<input type="checkbox"/> Pinching	<input type="checkbox"/> Throwing
<input type="checkbox"/> Other:	

(DOS Working Group, 2019)

Meet José!



José in the Hospital



Always Consider Delirium!

- Delirium is an acute disturbance in mental abilities that results in confused thinking and reduced awareness of the environment.
- Older adults are at an increased risk of delirium.
- Up to 75% of older adults experience delirium after acute illness or surgery.

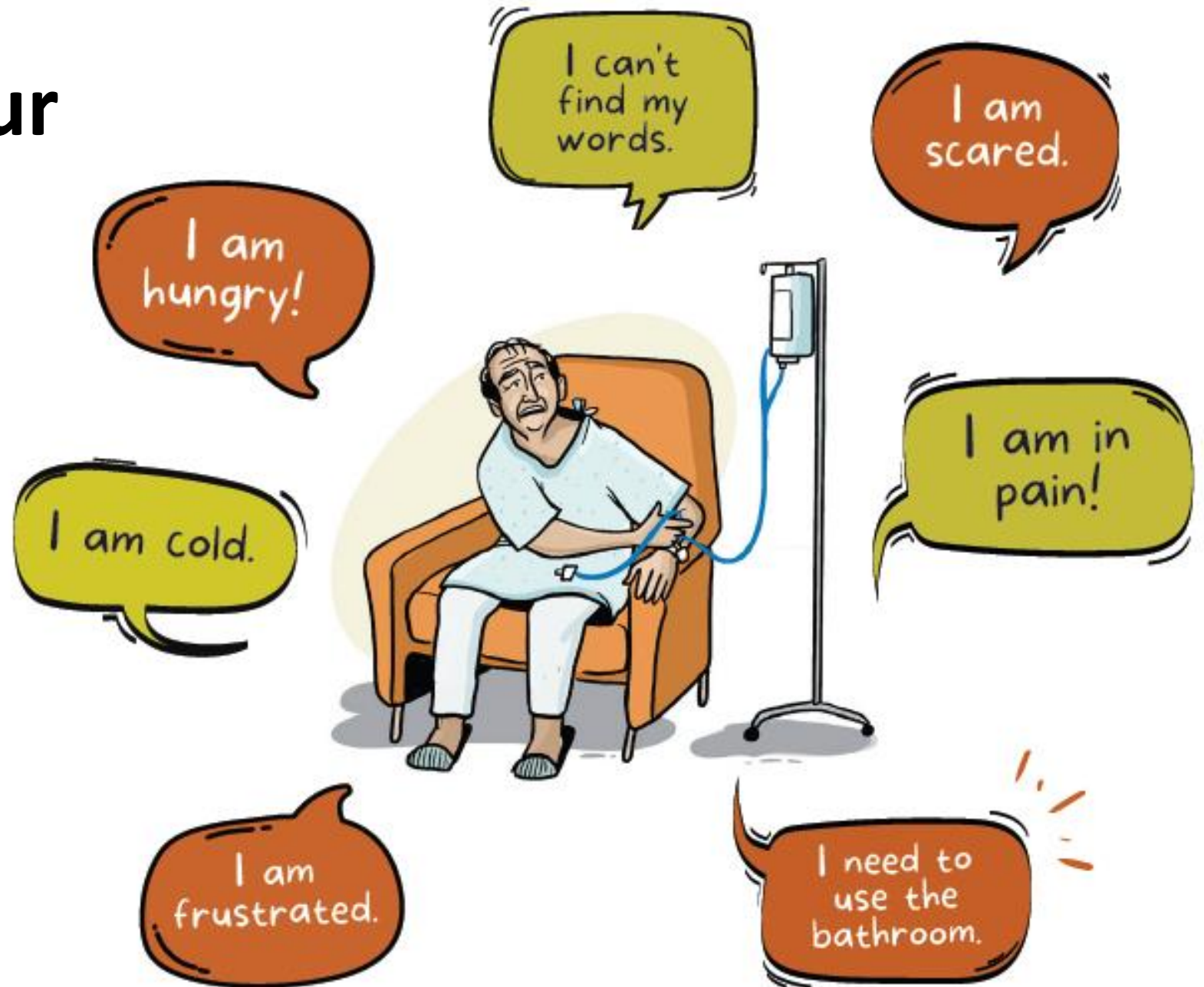
Delirium is a medical emergency which can be prevented and reversed!

- ✓ Screen for Delirium using the Confusion Assessment Method (CAM).
- ✓ Alert the team to a positive CAM for further investigation of the cause and treatment.
- ✓ Continue to respond to the responsive behaviours.



(Regional Geriatric Program of Toronto, 2019)

José's Behaviour Has Meaning



"Beneath every behavior is a feeling.
And beneath every feeling is a need.
And when we meet that need rather than focus
on the behavior, we begin to deal with the cause
not the symptom."

Ashleigh Warner
Psychologist



Determining the Meaning of the Behaviour

1. Consider possible causes and contributing factors – **Think PIECES!**
 - **Physical** (e.g. pain, infection, constipation, medications)
 - **Intellectual** (e.g. communication, cognitive changes)
 - **Emotional** (e.g. fear, losses, boredom)
 - **Capabilities** (e.g. function in current environment)
 - **Environmental** (e.g. noise, lighting, under/over stimulation)
 - **Social** (e.g. family history, culture, interests)

(PIECES Canada, 2020)



Determining the Meaning of the Behaviour

2. Utilize assessment tools such as:

- BSO-DOS[©]
- Pain Assessment
- Personhood Assessment



Visit brainxchange.ca/BSO to find the resource:

'Assessment Tools: Supporting Comprehensive Behavioural Assessment & Evaluation'

3. Trial approaches to respond to possible needs and evaluate the outcome.

4. Refer to specialty team members (e.g. BSO, geriatric psychiatry) if required for additional assessment and care planning.



Reflection & Application



In the patients that you have cared for recently, is there someone with responsive behaviours?

- What might be contributing to their behaviours/ expressions? *Think PIECES!*
- Have you considered and screened for delirium?
- What assessment tools help determine the causes?
- What might you do to try to prevent or decrease the responsive behaviour?
- How could you share this information with the rest of the team?



Want to learn more?

 brainxchange.ca/BSO

Behavioural Education and Training Supports Inventory (BETSI)

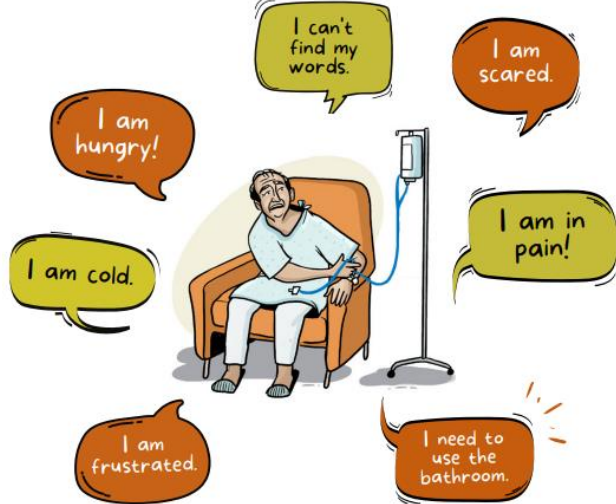
- Delirium, Dementia, and Depression in Older Adults
- DementiAbility Methods
- Geriatric Essentials E-Learning Modules
- Gentle Persuasive Approaches (GPA)
- LIVING the Dementia Journey
- Mental Health First Aid for Seniors
- P.I.E.C.E.S.™ Learning and Development Program
- U-First!
- Validation Communication



We want your feedback!

- Use the QR code on the 'My Behaviour Has Meaning!' poster to provide feedback on the poster and the QR code below to provide feedback on today's session.
- Your confidential input will be added to others' and be provided to the Behavioural Supports in Acute Care Collaborative. This helps us know the value in this type of education and will help inform any future updates.

My Behaviour Has Meaning!




Speech bubbles: "I am hungry!", "I am cold.", "I am frustrated.", "I can't find my words.", "I am scared.", "I am in pain!", "I need to use the bathroom."

By understanding the meaning, you can tailor your approach to prevent or reduce responsive behaviours / personal expressions.

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Wrap Up

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Developed by: Behavioural Supports in Acute Care Collaborative
Released: May 2022

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