



BSO-DOS[®]

Community Guidelines: Utilizing the Behavioural Supports Ontario-Dementia Observation System (BSO-DOS[®]) with Family Care Partners

Are you a clinician working in the community and see benefit in utilizing the BSO-DOS[®]? The following are guidelines to assist family¹ care partners in contributing to the completion of the tool:

- Ensure that you familiarize yourself with the BSO-DOS[®] and its supporting resources (available at www.brainxchange.ca/BSODOS).
- Print the BSO-DOS[®] on two pages (not double sided) and consider leaving only the *Data Collection Sheet* (page 2) with the family care partners.
- Complete Step #1 (on page 1), the *Background* section.
- Introduce the BSO-DOS[®] to the family care partner and explain the benefit of its use:
 - The BSO-DOS[®] is a tool for behavioural assessment and care planning for persons living with dementia. It is a reliable direct observation tool, providing objective data about a person's behaviour every thirty minutes over five consecutive days. The data collected within the BSO-DOS[®] is used to identify patterns, trends, and contributing factors associated with responsive behaviours/personal expressions. This information is important in finding approaches and strategies that work best for their family member.
 - Explain the specific reason why the BSO-DOS[®] is being suggested for their family member. Refer to the completed Step #1 (on page 1) *Background* section.
- Let the family care partners know that their role is completing Step #2, the *Data Collection Sheet* (page 2). Explain that afterwards, you will complete Step #3 (on page 1), the *Analysis and Planning* section, together. You will complete the *Data Analysis Table*, then discuss with the family care partners the findings. Together, you will then work together to plan *Next Steps* (on bottom of page 1).
- Review the *Data Collection Sheet* (on page 2) with the family care partners:
 - Explain to them that the BSO-DOS[®] is often completed by health care teams providing 24 hour care, therefore, it is okay to leave blanks. For example, a family care partner completing the BSO-DOS[®] is not expected to stay awake to record what the family member is doing every 30 minutes, but, if the family care partner is awake at night they can add relevant data.
 - Collaboratively decide on how many days it is realistic for the family care partners to complete the *Data Collection Sheet*. Ideally, data would be collected over 5 days, but this may not be practical when completed by family care partners. For example, do they feel that they can complete the chart for 3 days? Or, is there a certain period in the day that is best (e.g., 8am to 8pm)? Set a data collection goal together, recording it on the *Data Collection Sheet* (e.g., fill the selected dates out in the D/M/Y row, or cross out the time blocks that aren't included in the goal).

¹Family: Refers to individuals who are related (biologically, emotionally or legally) and/or have close bonds (e.g. friendships, commitments, shared households and romantic attachments). A person's family includes all those whom the person identifies as significant in his or her life (e.g. children, friends, substitute decision-makers, groups and communities) (Registered Nurses' Association of Ontario, 2015).

- Review the *Observed Behaviours Legend* (on page 2) with the family care partners:
 - Walk through each *Observed Behaviour* category, defining them in a manner applicable to their family member.
 - Demonstrate how to write the number from the legend in the *Observed Behaviour Column* for the specific time observed.
 - Emphasize the importance of capturing 'Positively Engaged' behaviour using examples specific to their family member (e.g., What do they enjoy? How do you know when they are happy or enjoying the moment? What do they do or say in these moments?).
 - Consider tailoring the legend for ease of use. For example, highlight terms in the legend that resonate with the family care partners (e.g. 'pinching' if it is a common behaviour). If the family care partners states that their family member never expresses specific behaviours listed (e.g. biting, choking others), or entire categories, you can cross them out. If the family care partners provides examples of behaviours when discussing each *Observed Behaviour* category, write their exact word(s) used under 'other'.
- Review the *Context Legend* (on page 2) with the family care partners.
 - Explain that an important part of understanding responsive behaviours/personal expressions is knowing what is happening at the same time. This helps to identify unmet needs and to identify strategies to meet these needs.
 - Consider tailoring the legend for simplicity (e.g., cross out 'R' and 'S' if not relevant).
 - Explain that context does not need to be recorded every half hour, only when it seems relevant. Collaboratively decide when this may be, such as when a specific behaviour is observed.
- Let the family care partners know they can ignore the *Data Collection Table Contributors Table*.
- Provide blank paper for the family care partners to record any additional thoughts/observations.
- Ensure the family care partners have your contact information in case any questions arise during the observation period. Establish a time that you will return to review the *Data Collection Sheet*.
- Once complete, highlight the numbers on the *Data Collection Sheet* according to the colour-coded legend and complete the *Analysis Table* in Step #3 (on page 1) *Analysis & Planning* (see the Resource Manual for further instructions). Review these results with the family care partner, using the highlighted *Data Collection Sheet* as a visual tool. Consider using the progress note prompts to guide your discussion.
- Collaborate with the family care partners to determine the next steps, as outlined in Step #3. Complete a progress note accordingly.

We would like to hear feedback from you and from the family care partners regarding the use of the BSO-DOS® in the community.

Please complete this survey with the family care partners or based on the feedback you received:

<https://www.surveymonkey.com/r/BSODOS-Family>

and/or

Please complete this survey as to provide your insights and suggestions:

<https://www.surveymonkey.com/r/BSODOS-CommunityClinician>

Feedback received will inform next steps related to the use of the BSO-DOS® in the community.

Reference: Registered Nurses' Association of Ontario. (2015). Person- and Family-Centred Care. Toronto, ON: Registered Nurses' Association of Ontario.



Behavioural Supports Ontario
Soutien en cas de troubles du comportement en Ontario



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