

## Case study – Dementia at Royal Infirmary, Edinburgh.

Appendix 2 - Stress and Distress Care Plan example where staff complete when they have identified a patient with distress behaviour or at risk of stress and distress behaviours

**For this care plan our patient will be called Florence.**

Patient Goal	Things to think about
Each care plan should be started by talking to your patient – Florence.  What are her goals?	'Florence has been confused since coming to the ward and this has been very distressing for her. Florence has been benefitting from reorientation and lots of reassurance.'

### Aim of Care

This will be a drop-down menu to choose what is relevant to Florence:

- Maintain patient normal level of cognition
- Maintain safety awareness to prevent falls
- Maintain level of comfort and limit distress
- Assess delirium status

You can include whatever you feel is relevant to Elizabeth if this is just 1 or all of these options. If there is something you have talked to Elizabeth about that does not come under one of these options you can include this in the specific personalised aim.

### Specific personalised aim - Things to think about

- Does Florence have anything specific that triggers distress, could this be around toileting, meal times or maybe visiting time, what can we do to help this?
- Does Florence have family that can come in to be with her, would this stop some of her distress?
- Does Florence need lots of reassurance and redirections; do we have a member of staff that can sit with her and engage her in an activity?

### Observations on assessment - Things to think about

- Does Florence have any hearing aids or glasses that she doesn't have on, could this be adding to being distressed as she is not sure where she is?
- Are there any environmental factors that we can control to help put Florence at ease? For example is there a lot of noise that could be adding to Florence feeling distressed?

### Intervention

This will be a drop-down menu to choose what is relevant to Florence:

- 4AT and reassessment
- Getting to know me
- Ensure Hearing aids, glasses and dentures are available all the time
- Abbey Pain Scale
- Doloplus 2 Scale
- Distress & Discomfort Assessment Tool
- Montreal Cognitive Examination
- Mini Mental State Examination
- Addenbrooke's Cognitive Examination
- Distressed Patient Pathway
- AWI + Annex 5
- Formal capacity assessment
- TIME bundle for those with increased 4AT
- Frailty screen for those over 65
- Polypharmacy reviewed
- Psychological interventions, Information gathering, Information sharing, Information formulation