

## Case study – Dementia at Royal Infirmary, Edinburgh

Appendix 3 – Stress and Distress Symptom Scale adapted by NHS Ayrshire & Arran with permission given to use in the ward to identify stress and distress behaviour in patients

	Symptom of unmet need	Incidence		Frequency	Difficulty	Challenge (Frequency x Difficulty)	Comments
		Yes	Never				
1	<b>Physical Aggression</b> (hits, kicks, scratches, grabbing, etc.)						
2	<b>Verbal Aggression</b> (insults, swearing, threats, etc.)						
3	<b>Self-Harm</b> (cuts/hits self, refuses food, starves self etc)						
4	<b>Shouting</b>						
5	<b>Screaming/Crying out</b>						
6	<b>Perseveration</b> (uncontrollable repetition of a word, phrase, gesture or activity, seeks repeated reassurance from others)						
7	<b>Walks with Purpose</b> (e.g. would be at risk of harm if they were to leave the care area)						
8	<b>Restlessness</b> (fidgets, unable to settle, pacing "on the go" etc)						
9	<b>Lack of motivation</b> (apathy, difficult to engage, shows no interest in activities etc.)						
10	<b>Shadowing staff or others</b> (follows/holds onto other residents/staff)						
11	<b>Reduced awareness of social boundaries</b> (e.g. personal space, belongings)						
12	<b>Gathering or Hoarding</b> (possessions, rubbish, paper, food, etc.)						
13	<b>Suspiciousness</b> (accusing others, etc.)						
14	<b>Self neglect</b>						
15	<b>Spitting</b>						
16	<b>Faecal smearing</b>						
17	<b>Continence issues</b> (urinate or defecate in inappropriate places)						
18	<b>Inappropriate removal of clothing</b> (in socially inappropriate places)						
19	<b>Sexual disinhibition</b> (e.g. masturbates in public spaces, 'advances' to others in inappropriate situations)						
20	<b>Disturbed sleep</b> (changes to normal sleep pattern)						
21	<b>Refusal of care</b> (e.g. declining assistance with personal care)						
22	<b>Dangerous behaviour</b> (causes fires or floods etc)						
23	<b>Lack of occupation</b>						
24	<b>Tearfulness</b>						
25	<b>Repeated requests to leave</b>						
<b>TOTALS - Add scores for each column</b>		<b>25</b>		<b>100</b>	<b>100</b>	<b>400</b>	

Adapted March 2022 for NHS Ayrshire and Arran with permission from the CBS Moniz-Cook et al 2001 <https://doi.org/10.1348/014466501163715>