

Behavioral Support Plan

To document into the medical record:

1. Open progress note
2. Type in .behavioralsuppplan
3. Fill out the entire document, delete areas that do not apply.
4. Sign note
5. Put in FYI flag: Behavioral contract
 - a. Note date, time and author of most up to date plan.

Behavioral Support Plan

Name:

MRN:

Date Developed:

Date Last Revised:

Current Unit:

Authors Involved:

Michigan Medicine strives to ensure care can be provided in a safe, therapeutic way. We want to partner with you to establish an informed way to provide care to ensure a safe and respectful environment for your health and wellness and those involved in your care.

Describe the behavior or behaviors in the care of the above listed patient that resulted in development of this behavioral support plan:

Describe when these behaviors occurred, who was involved, what those behaviors were, what interventions were offered to address the behaviors and response to those interventions:

Describe typical warning signs for disruptive, destructive or dangerous behavior:

-
-
-
-
-

Contributing factors to disruptive, destructive or dangerous behavior

Describe contributing factors to possible/current behavior

We will limit these factors to reduce distress for the patient

Example:

Bright lights cause the patient a headache

Sometimes the patient becomes worried when there unexpected changes in care

-
-
-
-
-

Calming and supportive strategies for the patient

*Coping skills or other soothing activities that help keep the patient calm when receiving care
We will enhance these factors to reduce distress for the patient*

*Example: The patient really likes to hold their blanket during procedures
When the patient's father is at the bedside, it really helps with anxiety*

-
-
-
-
-

Behavior Goals to Support Safe Care

Describe how we would like to see behavior change to help keep care safe and therapeutic

-
-
-
-
-

Universal Support Strategies

These can be beneficial to many individuals that are distressed or at-risk of being distressed

- Therapeutic listening
 - *Example: Can you help me understand what has been upsetting you?*
- Empathy
 - *Example: I cannot imagine how difficult this hospital stay has been for you?*
- Partner with patient
 - *Example: We want to make sure we can work together on a solution to help you receive safe care during your stay.*
- Distraction
 - *Example: I can see you are getting distressed. Let's try to watch some television or listen to music to help you get your mind off your worries.*
- Redirection
 - *Example: You cannot swat while we are placing the IV, but you can hold your mother's hand while we complete the procedure.*
- Offer choices
 - *Example: You can either have the team round earlier in the morning or later in the morning, but the team does have to round and see you at some time this morning.*
- Activity (if safe)
 - *Example: It is helpful to try to incorporate some activities that are relaxing or pleasing to you throughout the day. Can you help me pick a few out so we can add this to your routine?*
- Mindfulness exercise
 - *Example: When you wake up in the morning, close your eyes and take 3 deep, long, breaths focusing on the air coming in and out your body. Then ask yourself, what are my goals today? Try to be specific and communicate your goals to your nurse or write them down. Check to see how you are doing to meet your goals throughout the day.*
- Limit setting
 - *Example: To make sure we have a safe care environment, we cannot have you touching the pump delivering your nutrition.*

Patient questions

List questions the patient would like addressed by the provider and care team

-
-
-
-
-

Education provided

List topic, form of education (paper, digital, etc...), and specific education provided to the patient

-
-
-
-
-

Next steps

List tasks that need to be completed to impact the patient's behavior and support safe care

-
-
-
-
-

Follow up

Describe follow up provided to the patient and patient's response

-
-
-
-
-

Progress toward behavioral goals

Describe changes to behavior and impact on care. Attempt to parallel the language used to develop the behavioral goals

-
-
-
-
-