

Monitoring Chart: ABC (Antecedent \ Behavior \ Consequence)

Patient Name		Date of Birth	Results to be reviewed and analyzed with:
First	Last		

Use this observational tool to record information on distressing behaviors. The aim of using this chart is to better understand what the behavior may be communicating. Be as objective as possible when describing behavior. Describe what you see and hear. Check for occasions or triggers where the behavior is most likely to occur. Look at what consequences might be maintaining the behavior. Based on the observation, develop a plan.

PRE-EXISTING CONDITIONS

Factors that increase vulnerability or sensitivity to triggers. Think HELP factors: Health or medical problems (H), Environmental stressors (E), Life events or trauma (L), Psychiatric disorder (P)

ANTECEDENT

What happened just before the behavior occurred and might have triggered it? Include setting and activities.

BEHAVIOR

Describe the behavior as accurately and specifically as possible. Include frequency, duration, and intensity on a scale of 1 to 5 (5 is most severe).

CONSEQUENCE

Things that happened immediately after the behavior occurs, and make it more or less likely to happen again

OCCASION	PRE-EXISTING CONDITIONS	ANTECEDENT	BEHAVIOR	CONSEQUENCE
EXAMPLE Date <i>Feb 6/10</i> Time <i>6:30-7:10 pm</i> Observer <i>Rene-evening staff</i>	H: John had a toothache. L: John's mother was in hospital with broken hip and could not visit. L: John's usual primary staff member was on holidays.	E: John was eating supper in kitchen when another resident bumped into him when passing food.	John started to yell and threw his plate across the table. He ran out of room, screamed for 10 minutes and threw cushions around living room. The intensity was 4/5.	<ul style="list-style-type: none"> ▶ Staff made a change to the environment, removing other residents, to create a calming space, to help reduce sensory overload. ▶ Staff noted and acknowledged the life stressors for John and that he is likely feeling overwhelmed and distressed, missing his mother and primary worker. ▶ Staff said sorry for having been bumped into during supper. Staff showed empathy for John's difficulty. ▶ Staff offered John a soft sandwich, which was easier for him to eat, recognizing that the current meal was hard to chew and likely painful for him. A dental appointment has been booked.
Date				
Time				
Observer				
Date				
Time				
Observer				

OCCASION	PRE-EXISTING CONDITIONS	ANTECEDENT	BEHAVIOR	CONSEQUENCE
Date				
Time				
Observer				
Date				
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This document complements “Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines”, published in Canadian Family Physician, Volume 64(4): April 2018, p254-279.

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