



Behavior Attendants: Not Just a Sitter

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CRAIG HOSPITAL

- Redefining possible for people with spinal cord and traumatic brain injuries

INTRODUCTION

- Acute care of traumatically brain injured patients, ages 16-80 with an average length of stay 30-90 days
- Care is provided by an interdisciplinary team of experienced clinicians
- Patients are often agitated, confused, confabulatory, anxious, un-insightful, with memory impairments
- These patients often pose safety risks to themselves and others
- Continued acute care medical needs provide additional challenges
- A program was developed using Behavior Attendants to care for this specific patient population

TRADITIONAL SITTERS

- Observes patients at risk for unsafe behavior
- Alerts hospital staff when behaviors occur, may not be able to directly intervene
- Reacts to patient's behavior
- Typically per-diem or agency staff
- Limited job description and training
- May or may not perform patient cares
- Responsible for one patient

VS

BEHAVIOR ATTENDANTS

- Observes patients at risk for unsafe behavior
- Have autonomy to directly intervene when behaviors occur
- Anticipates, plans, and intervenes based on behavior
- Facility staff; members of the interdisciplinary team
- Performs a specific role with in-depth training
- Responsible for all personal cares of the patient
- Responsible for one or more patients

BEHAVIORAL ATTENDANTS' RESPONSIBILITIES

- Implements patient specific behavioral plan
- Controls the patient's environment with techniques such as
 - Low stimulation
 - Pacing
- Models appropriate care techniques for family members
- Guides the patient using procedural learning
- Documents trends in patient's behavior so that the care plan can be adjusted if needed
- Cues and guides patients to advanced activities and behaviors
- Prevents possible destructive behaviors such as:
 - Falls
 - Dislodging tubes and other medical devices
 - Elopement
 - Physical injury to self or others
- Performing all personal cares
- Contributing information for the RN to bring forward in weekly rounds and during development of behavior plans

DOCUMENTATION

- A Restraint/Behavior Attendant Flow Sheet is used by the Behavioral Attendant to document hourly:
 - Patient behavior
 - Skin assessment when utilizing restraints that could compromise the patient's skin
 - The proper use of restraint beds
- Additional space provided on Flow Sheet for narration of behavioral episodes and the patient's response to the Behavior Attendant's intervention

OUTCOMES

- Patients participate earlier in their own outcomes
- Errorless learning leads to successful patient recoveries
- Reduces the need for physical and/or chemical restraints
- Family members educated and prepared to handle behaviors at discharge