**DICE (Describe, Investigate, Create, and Evaluate)**

|  |  |  |
| --- | --- | --- |
| Symptom and Behavior Exploration | Example of Behaviors | Examples of Care Plan Interventions |
| 1. DESCRIBE what problem behaviors are noted. If the resident is on an antipsychotic medication, what is for? What are the problems that make the staff feel that the resident should be on medication? | Behaviors might include: resisting care; hitting other residents; wandering into other residents’ rooms; taking things from others; repetitive questions; anxiously looking for something to do or something/someone that is missing | * Find out when the resident liked to bathe and try to replicate that experience; let the residents participate in his own bath; less talk and more modeling of the desired behavior * Find out what types of meaningful activities the resident liked and increase opportunities for him to engage in those activities (e.g. doing the laundry, walking a dog) |
| 1. INVESTIGATE when and why the behaviors occur. | Review episodes and think about what might be triggering the behaviors (e.g. noise? over or under stimulation?)  Become the resident and think about what might bother you in the same situation. You might be cold, tired, hungry or bored. You might want to get out of the locked door just because it was shut and locked. | * If behaviors occur in the afternoon it may be fatigue, so allow for rest periods. * If behaviors occur around bathing, see options in step I. * If behaviors occur when there is a lot of activity going on, avoid exposing the resident to those activities. * Quietly and calmly offer solutions (snacks, a rest) * Offer to take the resident out and for a walk…follow her lead and monitor for safety. * Let the candle burn out. Sometimes doing nothing at all is the best option as long as the resident is safe. |
| 1. CREATE a treatment plan for how things could be done differently. | How could bathing be done differently? How could meal time be done differently? How could the day be scheduled to be less boring? | * Set a plan for bathing that might work for the resident based on his preferences. * Arrange meal time location and type of food that might work better for the resident. * Arrange a schedule of activities that the resident might be able to engage in and enjoy. |
| 1. EVALUATE your outcomes. | Are things better? Are there challenges to providing the care interventions needed (e.g. there is no one to walk the resident outside?) | * Develop and implement a new approach or continue current treatment plan if it is effective. |