

Comfort Observations and Symptom Assessment Chart

Adult - Nursing

Quick Reference Guide

The introduction of a new specialty chart in **Managing Deterioration** has been created. The **Comfort Observations and Symptom Assessment (COSA)** specialty chart provides a graphical view of the documentation of comfort observations and symptoms assessments and enables better monitoring and decision-making. The COSA Specialty Chart has been based on the Care Plan for the Dying Person to facilitate ongoing assessment, to rate and proactively manage symptoms and comfort cares. It encourages details assessment of dying persons symptoms and level of comfort and provides instructions of escalation of care.

To view the **Palliative Care COSA Adult Specialty Chart**:

1. Navigate to **Managing Deterioration**.
2. The **Palliative Care – COSA – Adult Specialty Chart** should be displayed at the top of the chart.

In addition to the COSA Specialty Chart, the **Palliative Care Specialty Chart – Adult PowerForm** has been introduced for clinicians to document symptom assessment and comfort observations.

1. Click **Add+** hyperlink next to any symptom.

2. The **Palliative Care Specialty Chart – Adult PowerForm** populates.

Note: The instructions for **Symptom Assessment and Management** state: *Observations must be performed routinely at a minimum of 2 hourly. If any treatment or escalation initiated more regular observation should occur.*

3. To document in the **Symptom Assessment** section, select a radio button to mark as:

- Severe
- Moderate
- Mild
- Absent

4. Navigate to the **Details** box to document the details of the symptoms.
5. Select the radio button to mark if there is **Action Required**.

- Document any relevant **Action Details** in the free text field.

Pain Details

4

Action Required

☐ Yes ☐ No 5

Action Details 6

- Complete the above steps for all the **Symptom Assessment** options.
- Once the **Symptom Assessment** section has been completed, navigate to the **Comfort Observations** section.

Note: The instructions for **Comfort Assessment and Management** state: Assess and manage comfort at least ever two (2) hours. Refere to comfort assessment and management prompts for further details. Assess each care need and document with Yes or No – note N/A if after assessment no action required. No should always prompt an action. Document problem, action and outcome of action.

- To document the **Comfort Observations**, select a radio button to mark as:
 - Yes
 - No
 - N/A

The person remains free of urinary problems

☐ Yes ☐ No ☐ N/A

- If **No** is selected, conditional fields appear to be completed.
- Document any details in free text sections:
 - Problem**
 - Action**
 - Outcome**

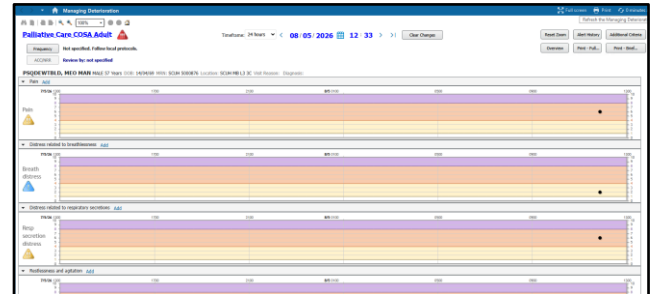
Problem

Action

Outcome

- Complete the above steps for all the **Comfort Observations** options.

- To **sign** the PowerForm, navigate to the top right-hand corner of the PowerForm and click the **green tick** ✓.
- Once the PowerForm has been signed, the **Symptom Rating** will be calculated, and the results will be plotted on the **COSA Chart**.



- If the results yield a result in either **Moderate** or **Severe**, a discern notification will populate advising users on the appropriate escalation and observation required actions.

Symptom Rating - Moderate

- Consult promptly with the NURSE-IN-CHARGE to:
 - Discuss the problem/symptom and agree to a plan of care
 - Decide whether a MEDICAL/PALLIATIVE CARE REVIEW is required
- Increase frequency of symptom assessment and comfort observations

No EW Score alerts will fire when using COSA Chart

Symptom Rating - Severe

- Initiate appropriate clinical care
- Initiate a MEDICAL / PALLIATIVE CARE REVIEW
- Increase the frequency of symptom assessment and comfort observations

No EW Score alerts will fire when using COSA Chart

Note: If the patient meets criteria for Moderate and Severe, users will only receive an alert for Severe Symptom Rating.

Note: No EW Score alerts will fire when using COSA Charts.