

Comfort Observations and Symptom Assessment (COSA) Adult – MO/NP

Quick Reference Guide

The new specialty chart **Comfort Observations and Symptom Assessment (COSA)** located in **Managing Deterioration** provides a graphical view of the documentation of comfort observations and symptom assessments of a dying person.

The COSA Specialty Chart has been digitally designed based on the ongoing assessment within the Queensland Health Care Plan for the Dying Person. The COSA chart encourages detailed assessment and proactive management of a dying person's symptoms and level of comfort with instructions to escalate care.

Note: This specialty chart is only to be used for patients in the **last days or hours of life**.

Note: Outside of specialist palliative care inpatient units, this chart must be used in conjunction with **Care Plan for the Dying Person PowerForm** and **Care of the Dying – Terminal PowerPlan**.

Note: Only medical officers and nurse practitioners can add a diagnosis.

The last section is the **Discontinuation** tab. This tab is only to be used when the person requires an alternate care plan and the current care plan is being discontinued.

To change to the **Palliative Care COSA Specialty Chart**:

1. Navigate to **Managing Deterioration**.
2. Select the **Adult Q-ADDS** hyperlink.

3. Select the **Palliative Care – COSA – Adult Specialty Chart**
4. Enter **Reason for Chart Change** e.g. End of life Care
5. Click **Submit**.

6. The **Palliative Care – COSA – Adult Specialty Chart Selection** Instructions populate, review the instructions and click **x** in the top right-hand corner.

Palliative Care - COSA - Adult Specialty Chart Selection

7. **Palliative Care COSA Adult Specialty Chart** populates.

The screenshot shows the 'Palliative Care COSA Adult' PowerForm. It features a sidebar with a list of symptoms including Pain, Distress related to breathlessness, Distress related to respiratory secretions, Restlessness and agitation, Nausea, and Vomiting. Each symptom has an 'Add' button next to it. The main area displays a table for documenting these symptoms.

The **Palliative Care Specialty Chart –COSA Adult PowerForm** allows clinicians to document symptom assessments and comfort observations.

To document in the **Palliative Care Specialty Chart – Adult PowerForm**:

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

This screenshot shows the 'Pain' section of the chart. It includes a search bar with the text 'Pain' and an 'Add' button. Below the search bar, there are two entries: 'Distress related to breathlessness' and 'Distress related to respiratory secretions', each with an 'Add' button highlighted by a red box.

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

The screenshot displays the 'Symptom Assessment' section of the chart. It contains several assessment forms for different symptoms: Pain, Restlessness and agitation (delirium), Respiratory secretions causing distress, and Nausea. Each form has a 'Pain' section with radio buttons for 'Severe', 'Moderate', 'Mild', and 'Absent', and an 'Action Required' section with radio buttons for 'Yes' and 'No'. There are also 'Action Details' text boxes for each symptom.

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 rate and document as:

- Severe
- Moderate

- Mild
- Absent

This screenshot shows the 'Pain' section of the assessment form. It includes a 'Pain' section with radio buttons for 'Severe', 'Moderate', 'Mild', and 'Absent'. There is also an 'Action Required' section with radio buttons for 'Yes' and 'No', and an 'Action Details' text box.

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**.

This screenshot shows the 'Pain Details' section of the assessment form. It includes a 'Pain Details' section with a text box for details. There is also an 'Action Required' section with radio buttons for 'Yes' and 'No', and an 'Action Details' text box.

6. 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. Refer 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.*

7. To document the **Comfort Observations**, select a radio button to mark as:

- Yes
- No
- N/A

This screenshot shows the 'The person remains free of urinary problems' section of the observations form. It includes a section with radio buttons for 'Yes', 'No', and 'N/A'.

8. If **No** is selected, conditional fields appear to be completed.
9. Document any details in free text sections:

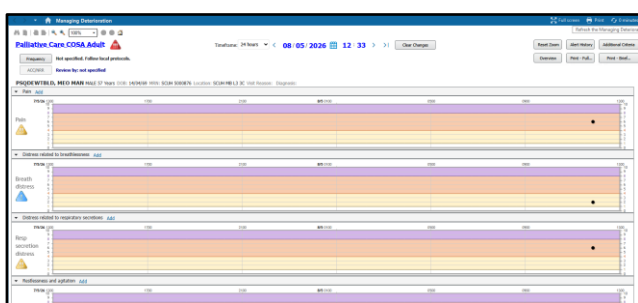
- **Problem**
- **Action**
- **Outcome**

Problem
Action
Outcome

10. To **sign** the PowerForm, navigate to the top right-hand corner of the PowerForm

and click the **green tick** .

11. Once the PowerForm has been signed, the **Symptom Rating** will be calculated, and the results will be plotted on the **Palliative Care COSA Adult Chart**.



12. If symptoms are rated **Moderate** or **Severe**, a discern notification will populate with instructions to escalate and action.

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: EW Scores will not calculate, and no EW Score alerts will fire when using COSA Charts.