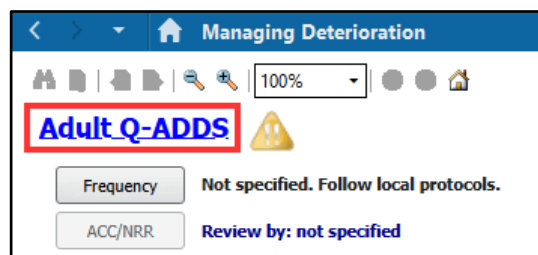


Comfort Observations and Symptom Assessment Specialty Chart Adult – Authorised Health Practitioners Quick Reference Guide

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 symptom 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 select the **COSA Specialty Chart**:

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



3. Chart selection fly-out window populates, select the **Palliative Care COSA Adult** chart.
4. In the **Reason for Chart Change**, document the reason for the chart change.
5. Click **Submit**.

Please Select a Chart for this Patient

☐ Adult Q-ADDS (DEFAULT)

☐ Chr Respiratory Adult-hypercapnia risk/chronic hypoxia

☒ Palliative Care COSA Adult

Reason for Chart Change

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

How to use this specialty chart:

Warning: This chart can only be ACTIVATED by:	SAC/Registered Nurse Practitioner
Warning: This chart can only be used for:	Adult Palliative patients
Ensure correct application as this chart will remain selected for the patient for the entire admission.	
What is special about this chart?	EW score alerts will be turned OFF - No EW score will be calculated - No EW score pop-up alerts will be displayed - Removes the graphing of all vital signs from Managing Deterioration - Adds graphing of Symptom Assessment and Comfort Observations
How to use this chart	Review the graph title to ensure correct. Refer to the Care Plan for the Dying Person.

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

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.

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

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

▼ Pain **Add**

No results found

▼ Distress related to breathlessness **Add**

No results found

▼ Distress related to respiratory secretions **Add**

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

Palliative Care Specialty Chart - Adult

Symptom Assessment

Instructions for Symptom Assessment and Management
Observations must be performed routinely at a minimum of 2 hourly
If any treatment or escalation initiated more regular observation should occur

Pain
☐ Severe ☐ Moderate ☐ Mild ☐ Absent
 Pain Details
☐ Action Required
☐ Yes ☐ No
 Action Details

Restlessness and agitation (delirium)
☐ Severe ☐ Moderate ☐ Mild ☐ Absent
 Restlessness and agitation (delirium) Details
☐ Action Required
☐ Yes ☐ No
 Action Details

Respiratory secretions causing distress
☐ Severe ☐ Moderate ☐ Mild ☐ Absent
 Respiratory secretions causing distress Details
☐ Action Required
☐ Yes ☐ No
 Action Details

Nausea
☐ Severe ☐ Moderate ☐ Mild ☐ Absent
 Nausea Details
☐ Action Required
☐ Yes ☐ No
 Action Details

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.*

- To document in the **Symptom Assessment** section, select a radio button to mark as:
 - Severe
 - Moderate
 - Mild
 - Absent

Pain
☐ Severe ☐ Moderate ☐ Mild ☐ Absent

- Navigate to the **Details** box to document the details of the symptom.
- 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

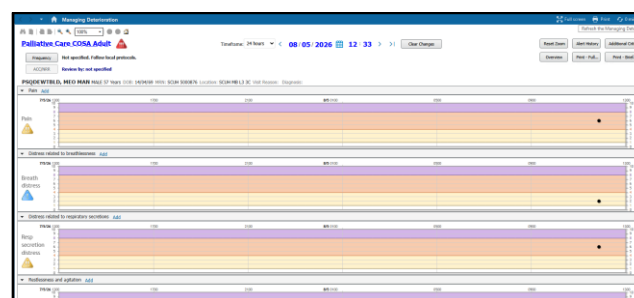
- If **No** is selected, conditional fields appear to be completed.
- Document any details in free text sections:
 - Problem**
 - Action**
 - Outcome**

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**.



15. 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

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

No EW Score alerts will fire when using COSA Chart

Symptom Rating - Severe

1. Initiate appropriate clinical care
2. Initiate a MEDICAL / PALLIATIVE CARE REVIEW
3. 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.