

ADL Scoring Cheat Sheet

Includes tips for entering a resident's need for assistance with activities of daily living (ADL). For more information on ADL Scoring, please refer to Section C in the RAI Manual.

Resident:

ADL SCORING CHART			
Category	MDS Score Self Performance	Support	ADL Score Total
TRANSFER	3 or 4	3	4
	4	~ 0, 1, or 2	3
	3	~ 0, 1, or 2	2
	2	any number	1
	~ 0, 1, 2, or 3	any number	0
Bed Mobility	3 or 4	3	4
	4	~ 0, 1, or 2	3
	3	~ 0, 1, or 2	2
	2	any number	1
	~ 0, 1, 2, or 3	any number	0
Toilet Use	3 or 4	3	4
	4	~ 0, 1, or 2	3
	3	~ 0, 1, or 2	2
	2	any number	1
	~ 0, 1, 2, or 3	any number	0
Eating	4	2 or 3	4
	3	2 or 3	3
	3 or 4	~ 0 or 1	2
	~ 0, 1, 2, 3 or 4	2 or 3	2
	~ 0, 1, 2, 3 or 4	~ 0, 1, or 2	0
TOTAL			

Instructions for Rule 3

- * When an activity occurs three times or any one given level, code that level.
- * When an activity occurs three times at multiple levels, code the most dependent. (See items 6 to 7 below for more info.) An activity must require assistance at every time, and activity at 0 (no activity) must not have occurred at all.
- Examples: three times extensive assistance (0) and three times limited assistance (2) —code extensive assistance (0).
- * When an activity occurs at more than one level but not three times at any one level apply the following:
 - 1. If a combination of full staff performance and extensive assistance, code extensive assistance (0).
 - 2. If there is a combination of full staff performance, weight bearing as a form of non-weight bearing assistance —code limited assistance (2).
- * None of the above are met, code supervision.

Signature: _____ Date: _____

ADL Self Performance	Self Performance ¹	Support ²
Enter Codes in Boxes		
1. Bed mobility: How resident moves to and from lying position, turns side to side and position head/feet while in bed or a device along floor/room.		
2. Transfer: How resident moves between positions including to or from bed, chair, wheelchair or standing position (includes to/from bath/toilet).		
3. Walk in room: How resident walks between locations in his/her room.		
4. Walk in corridor: How resident walks in corridors and exit.		
5. Communication on unit: How resident moves between locations in his/her room and adjacent corridors on or over floor. If in wheelchair, self-walks every time in chair.		
6. Communication off unit: How resident moves to and returns from off-unit locations (e.g., enter exit portal for dining, activities, or treatments). If facility has only one floor, how resident moves to and from distant areas on the floor. If in wheelchair, self-walks every time in chair.		
7. Dressing: How resident puts on, buttons and ties on/off items of clothing, including shoelaces/removing a prosthetic or TED hose. Dressing includes putting on and/or tying pajamas and bathroom items.		
8. Eating: How resident eats and drinks, regardless of what the unit includes eating/drinking during mealtime in pass, includes intake of medications by either means (e.g., table feeding, oral presentation) available, or if fluids administered by syringe or hydromed).		
9. Toilet use: How resident uses the toilet room, commode, bedpan, or urinal, includes on/off toilet, use soap and/or other hygiene items, change pads, manages incontinence catheter, and adjusts urinals. Do not include emptying of bedpan, urinal, bedside commode, catheter bag or urinary bag.		
10. Personal Hygiene: How resident maintains personal hygiene, including combing hair, brushing teeth, shaving, applying makeup, washing/drying face and hands (includes bath/shower).		

*** 00130 Coding Instructions**

ADL Self Performance
Code how resident's performance over a 7-day period - not including setup. If the ADL activity occurred 3+ times with varying levels of assistance, code the most dependent - except for toilet dependence, which requires full staff performance every time.

0 Independence: No help or staff oversight at any time.

1 Supervision: oversight, encouragement, setting.

2 Limited Assist: resident highly involved in activity; staff provided guidance or monitoring of hands or other non-weight-bearing assistance.

3 Extensive Assist: resident involved in activity; staff provided weight-bearing support.

4 Total Dependence: full staff performance every time during entire 7-day period.

5 Activity occurred but only once or twice.

6 Activity did not occur during entire 7-day period or the facility was unable to fully staff activity over provided care (SDCs) of the time for that activity over the 7-day period.

ADL Support Provided
Code how the most dependent assistance over a 7-day period, using regardless of resident's self performance level/rate.

0 No setup help or physical help from staff.

1 Setup help only.

2 One person physical assist.

3 Two or more physical assist.

4 ADL did not occur during the 7-day period.

(Effective April 2012)

Adl Level Of Care Cheat Sheet

Wang, Viktor



Adl Level Of Care Cheat Sheet:

The Essential Guide to Caring for Aging Parents Dr. Linda Rhodes, 2012-07-18 As the elderly live longer and health care becomes more complex and expensive the personal and financial burden placed on families attempting to care for an aging parent is greater than ever Dr Linda Rhodes has decades of experience in assisting families to navigate this often treacherous road and she has her own personal story to tell This mix of professional wisdom and warm personal insight makes *The Essential Guide to Caring for Aging Parents* the perfect guide for anyone in need of an authoritative yet supportive voice to help an elderly parent not only live with dignity but thrive Dr Rhodes shares with readers loads of advice garnered from her years as the Secretary of Aging for the state of Pennsylvania as well as her own personal story of dealing with her parents situation often over long distances

Charting Made Incredibly Easy! Springhouse, 2002 Part of the Springhouse Incredibly Easy Series TM this Second Edition provides current information about charting in a comprehensible clear fun and concise manner Three sections cover Charting Basics Charting in Contemporary Health Care and Special Topics New features include expanded coverage of computerized documentation and charting specific patient care procedures plus current JCAHO standards both in the text and appendix chapter summaries and a new section with case study questions and answers Amusing graphics and cartoon characters call special attention to important information Entertaining logos throughout the text alert the reader to critical information Thought Pillows identify key features of documentation forms and the glossary defines difficult or often misunderstood terms

The Long-term Care Nursing Desk Reference Barbara Acello, 2005 From pain assessment methods to intravenous drip calculations the Long Term Care Nursing Desk Reference offers long term care nurses virtually every tool they need to provide high quality regulation compliant long term resident care Written by accomplished author and speaker Barbara Acello MS RN this authoritative reference is jam packed with practical need to know patient care information essential policies and procedures and vital regulatory and safety requirements In short the Long Term Care Nursing Desk Reference is the book you and your nurses have been waiting for

Prospective Payment for Long-term Care Judith J. Baker, 1998 This text explains the composition of the Prospective Payment System allowing the reader to understand how the rates are built Special features include rate setting examples presented in a form that can be understood readily by the user worksheet examples presented in an easy to use format and a glossary designed for use by those not generally familiar with the long term care Prospective Payment System terminology

Effects and Costs of Day Care and Homemaker Services for the Chronically Ill William G. Welsert, 1980

Adult-Gerontology Practice Guidelines, Second Edition Jill C. Cash, Cheryl A. Glass, 2019-02-05 Praise for the First Edition Because of the way it is organized this book meets the needs of both novice and experienced advance practice nurses Each chapter defines the problem how often it occurs and what leads to the problem To aid in assessment the book includes the physical examination landmarks as well as diagnostic tests that might be needed A plan of care is offered with several

different alternatives for treatment and then notes what type of follow up is needed This would be a great resource for anyone working in the field of geriatrics Score 92 4 Stars Doody s Reviews The first book to encompass adult gerontology practice guidelines for primary care this comprehensive resource is useful as both a clinical reference and as a text for health care practitioners working with this population Concise and up to date the book is distinguished by its easy to read outline format that enables readers to quickly access the information they need The second edition features 27 completely new entries associated with the aging population an entirely new section on geriatric syndromes and multiple updates to guideline changes for screenings Polypharmacy issues are incorporated throughout and the BEERS list of medications is highlighted to guide prescribers in safely tapering or adding medications to a patient s drug regimen For quick and easy access to information practice guidelines are organized primarily by body system disorders are listed alphabetically within each body system and all disorders are presented in a consistent format With an emphasis on history taking the physical exam and key features of the aging population each of the more than 240 disorder guidelines include definition incidence pathogenesis predisposing factors common complaints other signs and symptoms subjective data physical exam diagnostic tests differential diagnoses plan of care health promotion follow up guidelines and tips for consultation referral Particularly helpful features include Practice Pointers highlighting crucial information for a disorder and bold faced Alerts Key patient teaching points are presented at the end of each guideline Also included are 18 procedures commonly used within office or clinic settings and 140 Patient Teaching Guides that are available digitally New to the Second Edition 27 completely new entries New section on geriatric syndromes Polypharmacy alerts are incorporated throughout BEERS list of medications is highlighted for each disorder Updated guidelines for various screenings Medicare Coverage and Eligibility Screening U S Preventative Services Task Force recommendations on colonoscopy screening mammogram guidelines pap smears and pelvic examinations Deprescribing Algorithms ASCCP Algorithms Key Features Focuses specifically on adult and older adult populations Presented in easy to read outline format for quick access to information Delivers consistent presentation of more than 240 disorders by body system Reviews 17 commonly used procedures step by step Provides Practice Pointers to indicate important care points Offers digital access to more than 140 extensive Patient Teaching Guides to customize and print

Exercise Physiology Stanley P. Brown, Wayne C. Miller, Jane M. Eason, 2006 Bridging the gap between exercise physiology principles and clinical practice this text provides comprehensive coverage of both traditional basic science and clinical exercise physiology principles The book presents clinical applications and examples that connect theory to practice More than 500 full color illustrations and numerous graphs and tables complement the text Reader friendly features including Perspective Boxes Research Highlights Biography Boxes and Case Studies engage readers and reinforce key concepts A bonus three dimensional interactive anatomy CD ROM from Primal Pictures and a Student Resource CD ROM accompany the book LiveAdvise online faculty support and student tutoring services are available free with the text

Effects and Costs of Day Care and Homemaker Services for the Chronically Ill: A Randomized Experiment U.S. Department of Health, Education, and Welfare, 1980

Handbook of Research on Adult and Community Health Education: Tools, Trends, and Methodologies Wang, Viktor, 2014-06-30 This book presents educational and social science perspectives on the state of the healthcare industry and the information technologies surrounding it offering a compilation of some of the latest cutting edge research on methods programs and procedures practiced by health literate societies Provided by publisher

Introduction to Management and Leadership for Nurse Managers Russell C. Swansburg, Richard J. Swansburg, 2002 This book is designed for management development of professional nurses in the twenty first century The text provides the best management concepts and theories of management available from the field of generic management as well as from nursing management sources It also provides theoretical and practical knowledge that will aid clinical nurse managers in meeting the demands of constantly changing patient care services

The ventricular-subventricular zone: a source of oligodendrocytes in the adult brain Oscar Gonzalez-Perez, Jose Manuel Garcia-Verdugo, Adan Aguirre, 2014-09-30 Demyelinating diseases are characterized by an extensive loss of oligodendrocytes and myelin sheaths from axolemma which commonly result in disability in young adults To date there is no effective treatment against these neurological disorders In the adult brain there are neural stem cells NSCs that reside within a niche denominated ventricular subventricular zone V SVZ in the lateral wall of the cerebral ventricles NSCs give rise to neurons and oligodendrocytes that help preserve cellular homeostasis Growing evidence indicates that V SVZ progenitor cells may represent an endogenous source of oligodendrocytes that can be useful to treat demyelinating diseases This e Book The ventricular subventricular zone as a source of oligodendrocytes in the adult brain collected the most recent evidence regarding the mechanisms that modulate the proliferation migration quiescence cell fate choices and survival of oligodendrocyte precursors generated in the V SVZ Herein we compiled information about the role of Sonic hedgehog NMDA receptors ErbB proteins hemopressin erythropoietin osmolarity and microglia in the oligodendrocyte production Some chapters also describe the role of oligodendrocyte precursors in the preservation of cellular homeostasis aging and white matter repair All these information is presented as novel research findings short communications and review articles which were written by experts in the field of oligodendrocyte generation myelin production and white matter re myelination

Long-term Care Survey, 1988

Management and Leadership for Nurse Managers Russell C. Swansburg, 1990

Nursing Homes, 2007

Code of Federal Regulations National Archives and Records Administration Staff, 2004 The Code of Federal Regulations is a codification of the general and permanent rules published in the Federal Register by the Executive departments and agencies of the United States Federal Government

Code of Federal Regulations, Title 42, Public Health, PT. 482-End, Revised as of October 1, 2016 Office Of The Federal Register (U S, Office of the Federal Register (U S), National Archives and Records Administration (U.S.), National Archives and Records Administration (U S, 2017-01-23 42 CFR Parts 482 End

1099 continues coverage on the Centers for Medicare and Medicaid Services within the United States Department of Health and Human Services This volume includes rules processes procedures and regulations pertaining to standards and certifications including electronic health records technology conditions for participation of hospitals certification of certain health facilities laboratory requirements appeals that determine participation in Medicare and Medicaid programs provider agreements and supplier approval establishment of a healthcare infrastructure improvement program Medicare integrity state health programs and more Other related products To keep up to date with all new regulations subscribe to the current year 2017 Code of Federal Regulations CFR print subscription volumes at this link <https://bookstore.gpo.gov/products/sku/86908600002> TeamSTEPPS 2.0 Pocket Guide Team Strategies Tools to Enhance Performance and Patient Safety Package of 10 can be found at this link <https://bookstore.gpo.gov/products/sku/017033005109> Slip Opinion 14-15 Armstrong Et Al V Exceptional Child Center Inc Et Al involving a Supreme Court Medicaid case can be found at this link <https://bookstore.gpo.gov/products/sku/828050000265> United States Code 2012 Edition V 27 Title 42 The Public Health and Welfare Sections 1381-1400v can be found here <https://bookstore.gpo.gov/products/sku/052001006445> **Southeastcon '94**, 1994

Creative technology transfer - a global affair Institute of Electrical and Electronics Engineers, 1994 *Manual of Patient Classification* Elizabeth Nancy Lewis, 1988 A practical handbook of systems proven to be successful Thirty systems are analyzed and evaluated complete with every form used culled from a nationwide study of hundreds of systems now in place A money saving time saving way to develop improve or update **Code of Federal Regulations, Title 42, Public Health, Pt. 482-End, Revised as of October 1 2009** Federal Register Staff, Office of the Federal Register, 2010-02-18

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