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3	G-0110	G-3	3. When reviewing records, interviewing staff, and observing the resident, be specific in evaluating each component as listed in the ADL activity definition. For example, when evaluating Bed Mobility, ==observe what the resident is able to do without assistance, and then== determine the level of assistance ==the resident== require~~s~~ ==from staff== for moving~~the resident~~ to and from a lying position, for turning the resident from side to side, and/or for positioning the resident in bed. To clarify your own understanding and observations about a resident's performance of an ADL activity (bed mobility, locomotion, transfer, etc.), ask probing questions, beginning with the general and proceeding to the more specific. See page G-~~9~~==10== for an example of using probes when talking to staff.
3	G-0110	G-3 & G-4	### Coding Instructions • ~~To assist in coding ADL self-performance items, please use the algorithm on page G-6.~~ • Consider ==all==~~each~~ episode~~s~~ of the activity that occur~~red~~ ==over a 24-hour period== during ==each day of== the 7-day look-back period, ==as a resident's ADL self-performance and the support required may vary from day to day, shift to shift, or within shifts. There are many possible reasons for these variations to occur, including but not limited to, mood, medical condition, relationship issues (e.g., willing to perform for a nursing assistant that he or she likes), and medications. The responsibility of the person completing the assessment, therefore, is to capture the total picture of the resident's ADL self-performance over the 7-day period, 24 hours a day (i.e., not only how the evaluating clinician sees the resident, but how the resident performs on other shifts as well)==. • In order to be able to promote the highest level of functioning among residents, clinical staff must first identify what the resident actually does for himself or herself, noting when assistance is received and clarifying the type ==(weight-bearing, non-weight-bearing, verbal cueing, guided maneuvering, etc.) and level== ~~levels~~ of assistance ==(supervision, limited assistance, etc.)== provided ~~(verbal cueing, physical support, etc.)~~ ==by all disciplines==. • ==If a resident uses==~~Code based on the resident's level of assistance when using~~ special adaptive devices such as a walker, device to assist with donning socks, dressing stick, long-handle==d== reacher, or adaptive eating utensils==, code ADL==

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			==Self-Performance and ADL Support Provided based on the level of assistance the resident requires when using such items==.
3	G-0110	G-4	• ~~A resident's ADL self-performance may vary from day to day, shift to shift, or within shifts. There are many possible reasons for these variations, including mood, medical condition, relationship issues (e.g., willing to perform for a nursing assistant that he or she likes), and medications. The responsibility of the person completing the assessment, therefore, is to capture the total picture of the resident's ADL self-performance over the 7-day period, 24 hours a day (i.e., not only how the evaluating clinician sees the resident, but how the resident performs on other shifts as well).~~ • The ADL ~~s~~==S==elf-~~p~~==P==erformance coding ==level definitions~~options~~== are intended to reflect real world situations where slight variations in ==level of ADL== self-performance are common. ~~Refer to the algorithm on page G-6 for assistance in determining the most appropriate self-performance code.~~ • ~~Although it is not necessary to know the actual number of times the activity occurred, it is necessary to know whether or not the activity occurred three or more times within the last 7 days.~~ • ==To assist in coding ADL Self-Performance items, facilities may augment the instructions with the algorithm on page G-7.== • ~~Because t~~==T==his section involves a two-part ==ADL== evaluation: ~~(ADL~~ Self-Performance==, which measures how much of the ADL activity the resident can do for himself or herself,== and ~~ADL~~ Support ==Provided, which measures how much facility staff support is needed for the resident to complete the ADL. Each of these sections== ~~), each us~~==ing== its own scale, ==therefore,== it is recommended that the ==ADL== Self-Performance evaluation ==(Column 1)== be completed for all ADL activities before beginning the ADL Support evaluation ==(Column 2)==.
3	G-0110	G-4 & G-5	• ~~**Instructions for the Rule of Three:**~~ ~~— When an activity occurs three times at any one given level, code that level.~~ ~~— When an activity occurs three times at multiple levels, **code the most dependent**.~~ ~~o Example, three times extensive assistance (3) and three times limited assistance (2)—code extensive assistance (3).~~ ~~Exceptions are as follows:~~

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			o Total dependence (4) – activity must require full assist every time, and o Activity did not occur (8) – activity must not have occurred at all or family and/or non-facility staff provided care 100% of the time for the activity over the entire 7-day period. — When an activity occurs at more than one level, but not three times at any one level, apply the following: o Episodes of full staff performance are considered to be weight-bearing assistance (when every episode is full staff performance — this is total dependence). o When there are three or more episodes of a combination of full staff performance and weight-bearing assistance – code extensive assistance (3). o When there are three or more episodes of a combination of full staff performance, weight-bearing assistance, and/or non-weight-bearing assistance – code limited assistance (2). • If none of the above are met, code supervision.
3	G-0110	G-4	**Coding Instructions for G0110, Column 1, ADL Self-Performance** • **Code 0, independent:** if resident completed activity with no help or oversight **every time** during the 7-day look-back period <mark>and the activity occurred at least three times</mark>. • **Code 1, supervision:** if oversight, encouragement, or cueing was provided <mark>**three or more times**</mark> during the last 7 days. • **Code 2, limited assistance:** if resident was highly involved in activity and received physical help in guided maneuvering of limb(s) or other non-weight-bearing assistance on <mark>**three or more times**</mark> during the last 7 days. • **Code 3, extensive assistance:** if resident performed part of the activity over the last 7 days, and help of the following type(s) was provided <mark>**three or more times**</mark>: three or more times: — Weight-bearing support provided **three or more times, <mark>OR</mark>** — Full staff performance of activity <mark>**three or more times**</mark> during part (**three or more times** but not all of the last 7 days). • **Code 4, total dependence:** if there was <mark>**full staff performance**</mark> of an activity with no participation by resident for any aspect of the ADL activity and the activity occurred three or more times. The resident must be unwilling or unable

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			to perform any part of the activity over the entire 7-day look-back period.
3	G-0110	G-5	• **Code 7, activity occurred only once or twice:** if the activity occurred ~~but not~~**fewer than** **three times** ~~or more~~.
			• **Code 8, activity did not occur:** if the activity did not occur or family and/or non-facility staff provided care 100% of the time for that activity over the entire 7-day look-back period.
			The Rule of 3
			• The "Rule of 3" is a method that was developed to help determine the appropriate code to document ADL Self-Performance on the MDS.
			• It is very important that staff who complete this section fully understand the components of each ADL, the ADL Self-Performance coding level definitions, and the Rule of 3.
			• In order to properly apply the Rule of 3, the facility must first note which ADL activities occurred, how many times each ADL activity occurred, what type, and what level of support was required for each ADL activity over the entire 7-day look-back period.
			• The following ADL Self-Performance coding levels are exceptions to the Rule of 3:
			– **Code 0, Independent** – Coded only if the resident completed the ADL activity **with no help or oversight every time** the ADL activity occurred during the 7-day look-back period and the activity occurred at least three times.
			– **Code 4, Total dependence** – Coded only if the resident required **full staff performance** of the ADL activity **every time** the ADL activity occurred during the 7-day look-back period and the activity occurred three or more times.
			– **Code 7, Activity occurred only once or twice** – Coded if the ADL activity occurred **fewer than three times** in the 7-day look back period.
			– **Code 8, Activity did not occur** – Coded only if the ADL activity **did not occur** or **family and/or non-facility staff provided care 100% of the time** for that activity over the entire 7-day look-back period.

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3	G-0110	G-6	• ~~**Instructions for the Rule of Three:**~~
			
			Instructions for the Rule of 3:
			
			When an ADL activity has occurred **three or more times**, apply the steps of the Rule of 3 below **(keeping the ADL coding level definitions and the above exceptions in mind)** to determine the code to enter in Column 1, ADL Self-Performance. These steps must be used in sequence. Use the first instruction encountered that meets the coding scenario (e.g., if #1 applies, stop and code that level).
			
			1. When an activity occurs **three or more times at any one level**, code that level.
			
			2. When an activity occurs **three or more times at multiple levels, code the most dependent level that occurred three or more times**.
			
			3. When an activity occurs **three or more times and at multiple levels, but not three times at any one level**, apply the following:
			
			   a. Convert episodes of full staff performance to weight-bearing assistance when applying the third Rule of 3, as long as the full staff performance episodes did not occur every time the ADL was performed in the 7-day look-back period. It is only when **every** episode is full staff performance that Total dependence (4) can be coded. Remember, that weight-bearing episodes that occur three or more times or full staff performance that is provided three or more times during part but not all of the last 7 days are included in the ADL Self-Performance coding level definition for Extensive assistance (3).
			
			   b. When there is a combination of full staff performance and weight-bearing assistance that total three or more times—code extensive assistance (3).
			
			   c. When there is a combination of full staff performance /weight-bearing assistance and/or non-weight-bearing assistance that total three or more times—code limited assistance (2).
			
			If none of the above are met, code supervision.

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3	G-0110	G-7	**ADL Self-Performance Algorithm** Algorithm revised. **OLD:** (continued)

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3	G-0110	G-7	**NEW:**

NEW:

START HERE – Remember to review the instructions for the Rule of 3 and the ADL Self-Performance Coding Level Definitions <u>before</u> using the algorithm. <u>STOP</u> at the first code that applies when moving down the algorithm.

Did the activity occur at least 1 time? — No → **Code 8** The ADL Activity (or any part of the ADL) was not performed by the resident or staff at all

Yes

Did the activity occur 3 or more times? — No → **Code 7** Activity occurred fewer than 3 times

Yes

Did the resident fully perform the ADL activity <u>without ANY</u> help or oversight from staff <u>every</u> time? — Yes → **Code 0** Independent

No

Did the resident require full staff performance <u>every</u> time? — Yes → **Code 4** Total Dependence

No

Did the resident require full staff performance at least 3 times but not every time OR weight-bearing assistance 3 or more times? — Yes → **Code 3** Extensive Assistance

No

Did the resident require a combination of full staff performance and weight-bearing assistance that total 3 or more times?* — Yes → **Code 3** Extensive Assistance

No

Did the resident require non-weight-bearing assistance 3 or more times? — Yes → **Code 2** Limited Assistance

No

Did the resident require a combination of full staff performance/weight-bearing assistance and/or non-weight-bearing assistance that total 3 or more times?* — Yes → **Code 2** Limited Assistance

No

Did the resident require oversight, encouragement, or cueing 3 or more times? — Yes → **Code 1** Supervision

No

If none of the above are met, Code 1 - Supervision

Instructions for the Rule of 3

<u>**Exceptions to the Rule of 3:**</u>
- Code 0, Code 4, and Code 8 – as the definition for each of these coding levels is very specific and cannot be entered on the MDS unless it is the level that occurred **every** time the ADL occurred.
- Code 7 – as this code only applies if the activity occurred fewer than 3 times.

<u>**Rule of 3:**</u>
1. When an activity occurs **3 or more times at any one level**, code that level.
2. When an activity occurs **3 or more times at multiple levels, code the most dependent level that occurred 3 or more times**.
3. When an activity occurs **3 or more times and at multiple levels, but not 3 times at any one level**, apply the following:
   a. Convert episodes of full staff performance to weight-bearing assistance.
   b. When there is a combination of full staff performance and weight-bearing assistance that total 3 or more times – code extensive assistance (3). Do not proceed to "c" below if "b" applies.
   c. When there is a combination of full staff performance/weight-bearing assistance and/or non-weight-bearing assistance that total 3 or more times, code limited assistance (2).

If none of the above are met, code Supervision (1)

*This box in the algorithm corresponds to a, b, and c under the third Rule of 3 above. The instruction in this box **only** applies when the third Rule of 3 applies, i.e., an activity occurs 3 or more times and at multiple levels, but not 3 times at any one level (e.g., 2 times non-weight-bearing, 2 times weight-bearing). If the coding scenario does not meet the third Rule of 3, do not apply a, b, or c of the third Rule of 3, answer "No," and then continue down the algorithm.

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3	G-0110	G-8	*Code for the **most** support provided over all shifts;. cCode regardless of how Column I resident's ADL Sself-pPerformance classification is coded.*
3	G-0110	G-9	• **Locomotion** would be **coded 8, activity did not occur**: if the resident was on bed rest and did not get out of bed, and there was no locomotion via bed, wheelchair, or other means during the look-back period or if locomotion assistance was provided by family and/or non-facility staff 100 % of the time over the entire 7-day look-back period.
3	G-0110	G-10	In this example, the assessor inquired specifically how Mrs. L. moves to and from a lying position, how she turns from side to side, and how the resident positions herself while in bed. A resident can be independent in one aspect of bed mobility, yet require extensive assistance in another aspect, so be sure to consider each activity definition fully. If the RN did not probe further, he or she would not have received enough information to make an accurate assessment of the actual assistance Mrs. L. received. This information is important to know and document bBecause accurate coding and supportive documentation is important as a provides the basis for reporting on the type and amount of care provided., be sure to consider each activity definition fully.
3	-	G-11 thru G-18	Page length change.
3	G-0110	G16	3. Mr. H. enjoyed walking in the nursing home garden when weather permitted. Due to inclement weather during the assessment period, he required multiple various levels of assistance on the days he walked through the garden. On two occasions, he required limited assistance for balance of one staff person and on another occasion he only required supervision. On one day he was able to walk through the garden completely by himself.
3	G-0110	G-19 thru G-22	**Scenario Examples** 1. **Scenario:** The following dressing assistance was provided to Mr. X during the look-back period: Two times, he required guided maneuvering of his arms to don his shirt; this assistance was non-weight-bearing assistance. Four times, he required the staff to assist him to put his shirt on due to pain in his shoulders. During these four times that the staff had to assist Mr. X to put his shirt on, the staff had to physically assist him by lifting each of his arms. This component of the dressing

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			activity occurred six times in the 7-day look-back period. There were two times where Mr. X required non-weight-bearing assistance and four times where he required weight-bearing assistance, therefore the appropriate code to enter on the MDS is Extensive assistance (3). **Rationale:** This ADL activity component occurred six times in the 7-day look-back period. Mr. X required limited assistance two times and weight-bearing (extensive) assistance four times. Lifting the resident's arms is considered weight-bearing assistance. The ADL activity component occurred three or more times at one level, extensive - thus, this weight-bearing assistance is the highest level of dependence identified that occurred three or more times. The scenario is consistent with the ADL Self-Performance coding level definition of Extensive assistance and meets the first Rule of 3. The assessor uses the steps in the Rule of 3 in sequence and stops once one has been identified as applying to the scenario. Therefore the final code that should be entered in Column 1, ADL Self-Performance, G0110G – Dressing is Extensive assistance (3). 2. **Scenario:** The following assistance was provided to Mrs. C over the last seven days: Four times, she required verbal cueing for hand placement during stand-pivot transfers to her wheelchair and three times she required weight-bearing assistance to help her rise from the wheelchair, steady her and help her turn with her back to the edge of the bed. Once she was at the edge of the bed and put her hand on her transfer bar, she was able to sit. She completed the activity without assistance the 14 remaining instances during the 7-day look-back period. The four times that she required verbal cueing from the staff for hand placement are considered supervision. The three times that the staff had to physically support Mrs. C during a portion of the transfer are considered weight-bearing assistance. This ADL occurred 21 times over the 7-day look-back period. There were three or more times where supervision was required, and three times where weight-bearing assistance was required; therefore, the appropriate code to enter on the MDS is Extensive assistance (3). **Rationale:** The ADL activity occurred 21 times over the 7-day look-back period. Mrs. C required supervision four times and weight-bearing assistance was provided three times during the 7-day look-back period. The ADL activity also occurred three or more times at multiple levels (four times with

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			supervision, three times with weight-bearing assistance, and 14 times without assistance). Weight-bearing assistance is also the highest level of dependence identified that occurred three or more times. The first Rule of 3 does not apply because the ADL activity occurred three or more times at multiple levels, not three or more times at any one level. Because the ADL activity occurred three or more times at multiple levels, the scenario meets the second Rule of 3 and the assessor will apply the most dependent level that occurred three or more times. Note that this scenario does meet the definition of Extensive assistance as well, since the activity occurred at least three times and there was weight-bearing support provided three times. The final code that should be entered in Column 1, ADL Self-Performance, G0110B – Transfer is Extensive assistance (3).
			3. **Scenario:** Mrs. F. was in the nursing home for only one day prior to transferring to another facility. While there, she was unable to complete a component of the eating ADL activity without assistance three times. The following assistance was provided: Twice she required weight-bearing assistance to help lift her fork to her mouth. One time in the evening, the staff fed Mrs. F. because she could not scoop the food on her plate with the fork, nor could she lift the fork to her mouth. The three times that Mrs. F. could not complete the activity, the staff had to physically assist her by either holding her hand as she brought the fork to her mouth, or by actually feeding her. There were two times where the staff provided weight-bearing assistance and one time where they provided full staff performance. This component of the ADL eating activity where assistance was required, occurred three times in the look-back period, but not three times at any one level. Based on the third Rule of 3, the final code determination is Extensive assistance (3).
			Rationale: Eating occurred three times in the look-back period during the day that Mrs. F was in the nursing home. Mrs. F performed part of the activity by scooping the food and holding her fork two times, but staff had to assist by lifting her arm to her mouth resulting in two episodes of weight-bearing assistance. The other time, the staff had to feed Mrs. F. The first Rule of 3 does not apply because even though the ADL assistance occurred three or more times, it did not occur three times at any one level. The second Rule of 3 does not apply because even though the ADL assistance occurred three or

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			more times it did not occur three or more times at multiple levels. The third Rule of 3 applies since the ADL assistance occurred three times at multiple levels but not three times at any one level. Sub-item "a" under the third Rule of 3 states to convert episodes of full staff performance to weight-bearing assistance as long as the full staff performance episodes did not occur every time the ADL was performed in the 7-day look-back period. Therefore, the one episode of full staff performance is considered weight-bearing assistance and can be added to the other two episodes of weight-bearing assistance. This now totals three episodes of weight-bearing assistance. Therefore, application of the third Rule of 3 and the first two sub-items, "a" and "b," the correct code to enter in Column 1, ADL Self-Performance, G0110H, Eating is Extensive assistance (3). Note that none of the ADL Self-Performance coding level definitions apply directly to this scenario. It is only through the application of the third Rule of 3 and the first two sub-items that the facility is able to code this scenario as extensive assistance.
			4. **Scenario:** Mr. N was admitted to the facility, but was sent to the hospital on the 2nd day he was there. The following assistance was provided to Mr. N over the look-back period: Weight-bearing assistance one time to lift Mr. N's right arm into his shirt sleeves when dressing in the morning on day one, non-weight-bearing assistance one time to button his shirt in the morning on day two, and full staff performance one time on day two to put on his pants on after resting in bed in the afternoon. Mr. N was independent in the evening on day one when undressing and getting his bed clothes on. Based on the application of the third Rule of 3s sub-items, the final code determination is Limited assistance (2).
			Rationale: There was one episode where Mr. N required full staff performance to put his pants on, one episode of weight-bearing assistance to put his right arm into his shirt sleeve, and one episode of non-weight-bearing assistance to button his shirt. The first Rule of 3 does not apply because even though the ADL assistance occurred three times, it did not occur three times at any one level. The second Rule of 3 does not apply because even though the ADL assistance occurred three times it did not occur three times at multiple levels. The third Rule of 3 applies because the activity occurred three times, and at multiple levels but not three times at any one level. The third Rule of 3, sub-item "a," instructs

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			providers to convert episodes of full staff performance to weight-bearing assistance. Therefore, there are now two weight-bearing episodes and one non-weight-bearing episode. The third Rule of 3, sub-item "b," does not apply because even though there are two episodes of weight-bearing assistance, there are not enough weight-bearing episodes to consider it Extensive assistance. There is one episode of non-weight-bearing assistance that can be accounted for. The third sub-item, "c," under the third Rule of 3 applies because there is a combination of full staff performance/weight-bearing assistance and/or non-weight-bearing assistance that together total three times (two episodes of weight-bearing assistance and one episode of non-weight-bearing assistance). Therefore, the appropriate code is Limited assistance (2) which is the correct code to enter in Column 1, ADL Self-Performance, G0110G, Dressing. Note that none of the ADL Self-Performance coding level definitions apply directly to this scenario. It is only through the application of the third Rule of 3, working through all of the sub-items, that the facility is able to code this item as Limited assistance.
			5. **Scenario:** During the look-back period, Mr. S was able to toilet independently without assistance 18 times. The other two times toileting occurred during the 7-day look-back period, he required the assistance of staff to pull the zipper up on his pants. This assistance is classified as non-weight-bearing assistance. The assessor determined that the appropriate code for G0100I, Toilet use was Code 1, Supervision.
			Rationale: Toilet use occurred 20 times during the look-back period. Non-weight-bearing assistance was provided two times and 18 times the resident used the toilet independently. When the assessor began looking at the ADL Self-Performance coding level definitions, she determined that Independent (i.e., Code 0) cannot be the code entered on the MDS for this ADL activity because in order to be coded as Independent (0), the resident must complete the ADL without any help or oversight from staff _every_ time. Since Mr. S did require assistance to complete the ADL two times, Code 0 does not apply. Code 7, Activity occurred only once or twice, did not apply to this scenario because even though assistance was provided twice during the look-back period, the activity itself actually occurred 20 times. The assessor also determined that the assistance provided to the resident does not meet the definition for Limited Assistance (2) because even though the assistance

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			was non-weight-bearing, it was only provided twice in the look-back period, and that the ADL Self-Performance coding level definitions for Codes 1, 3 and 4 did not apply directly to this scenario either. The assessor continued to apply the coding instructions, looking at the Rule of 3. The first Rule of 3 does not apply because even though the ADL activity occurred three or more times, the non-weight-bearing assistance occurred only twice. The second Rule of 3 does not apply because even though the ADL occurred three or more times it did not occur three times at multiple levels and the third Rule of 3 does not apply because even though the ADL occurred three or more times, it did not occur at multiple levels or three times at any one level. Since the third Rule of 3 did not apply, the assessor knew not to apply any of the sub-items. However, there is one final instruction to the provider, that when none of the ADL Self-Performance coding level definitions and the Rule of 3 do not apply, the appropriate code to enter in Column 1, ADL Self-Performance, is Supervision (1); therefore, in G0110I, Toilet use the code Supervision (1) was entered.
3	G-0120	G-23	**Coding Instructions for G0120A, Self-Performance**
3	G-0120	G-24	**Rationale:** Coding directions for bathing state, "code for most dependent in self-performance and support." Resident's most dependent episode during the 7-day look-back period was total help with the bathing activity with assist from one staff person.
3	G-0120	G-25 thru G-40	Page length/number change.