

## SECTION K: SWALLOWING/NUTRITIONAL STATUS

Intent: For the October 1, 2012 release of the LTCH CARE Data Set, Version 1.01, only two items (K0200A, Height and K0200B, Weight) are included in this section. These items assess the patient's body mass index (BMI) using the patient's height and weight. If warranted by additional quality measures finalized by CMS for the LTCHQR Program through future rule-making cycles, CMS may add additional items to this section that document patient's swallowing and nutritional status.

## K0200: Height and Weight

<b>K0200. Height and Weight</b> - While measuring, if the number is X.1 - X.4 round down; X.5 or greater round up	
<div> <div> <div></div> <div></div> </div> <div>inches</div> </div>	<b>A. Height</b> (in inches). Record most recent height measure since admission
<div> <div> <div></div> <div></div> <div></div> </div> <div>pounds</div> </div>	<b>B. Weight</b> (in pounds). Base weight on most recent measure in last 3 days; measure weight consistently, according to standard facility practice (e.g., in a.m. after voiding, before meal, with shoes off, etc.)

## Item Rationale

- Diminished nutritional and hydration status can lead to debility that can adversely affect wound healing and increase risk for the development of pressure ulcers.
- Height and weight measurements (and BMI calculation) assist staff in assessing the patient's nutrition and hydration status by providing a mechanism for monitoring stability of weight and BMI over a period of time. The measurement of height and weight for the calculation of BMI is one guide for determining nutritional status.

## Steps for Assessment for K0200A, Height

- Measure height in accordance with the facility's policies and procedures, which should reflect current standards of practice (shoes off, etc.).
- For an Admission assessment, measure and record height in inches.
- For an Unplanned or Planned Discharge assessment, record the most recent height (in inches) measured since admission.

## Coding Instructions for K0200A, Height

*Complete only if A0250 = 01 Admission; A0250 = 10 Planned Discharge; or A0250 = 11 Unplanned Discharge.*

- Record the patient's height to the nearest whole inch.
- Use mathematical rounding (i.e., if height measurement is X.5 inches or greater, round height upward to the nearest whole inch. If height measurement number is X.1 to X.4 inches, round down to the nearest whole inch). For example, a height of 62.5 inches would be rounded to 63 inches and a height of 62.4 inches would be rounded to 62 inches.

## Steps for Assessment for K0200B, Weight

- Weight should be measured in accordance with the hospital's policies and procedures, which should reflect current standards of practice (shoes off, etc.).
- Record the patient's weight in pounds.
- For an Admission assessment, measure and record the patient's weight in pounds. If the patient has been weighed multiple times during the assessment period, use the first weight.
- For an Unplanned or Planned Discharge assessment, record the most recent weight (in pounds) measured since admission.

## Coding Instructions for K0200B, Weight

*Complete only if A0250 = 01 Admission; A0250 = 10 Planned Discharge; or A0250 = 11 Unplanned Discharge.*

- Use mathematical rounding (e.g., if weight is X.5 pounds [lbs] or more, round weight upward to the nearest whole pound. If weight is X.1 to X.4 lbs, round down to the nearest whole pound). For example, a weight of 152.5 lbs would be rounded to 153 lbs and a weight of 152.4 lbs would be rounded to 152 lbs.
- If a patient cannot be weighed, for example, because of extreme pain, immobility, or risk of pathological fractures, use the standard no-information code ("–") and document the rationale on the patient's medical record.