



# MDS 3.0 Section G Training for Swing- Bed Facilities

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# Objectives

1. Know the purpose of Section G items on the RAI (Resident Assessment Instrument)
2. Understand why it is important to be familiar with each component of each ADL, the definitions described in Section G and the Rule of 3.
3. Understand how accurate coding of Section G impact the calculation for placing a resident in a Resource Utilization Group (RUG) – IV group

# Section G

Intent: Assess resident for:

- Need for assistance with activities of daily living (ADLs)
- Altered gait and balance
- Decreased in range of motion
- Use of mobility devices

# Activities of Daily Living

## Coded ADL Items

- Bed Mobility
- Transfer
- Walk in room
- Walk in corridor
- Locomotion on unit
- Locomotion off unit
- Dressing
- Eating
- Toilet Use
- Personal hygiene

Facilities must adhere to CMS's definitions when coding the MDS

# ADL Coding Definitions/Considerations

## ✦ Bed Mobility: (How Resident):

- Moves to and from lying position
- Turns side to side
- Position body while in bed
- Include alternate sleep furniture (chair)



## ✦ Transfer

- Moves between surfaces: To or from
  - Bed, Chair, Wheelchair, Standing position
- **Excludes: To/From bath toilet**



# ADL Coding Definitions/Considerations

How the resident: ➤ Walk in room: Is ambulatory between locations in room



➤ Walk in corridor: Is ambulatory in the hall on unit

## ◆ Locomotion on unit

○ Moves between locations in the room and hallway on same floor

## ◆ Locomotion off unit

○ Moves to other/distance locations (e.g.: Physical Therapy)



# ADL Coding Definitions/Considerations

## ✦ Dressing:

- Puts on, fastens and takes off all clothing
- Donning/removing prosthesis or TED hose
- Putting on and changing pajamas or gown



## ✦ Eating

- Eats and drinks regardless of skill
- Nourishment by tube-feeding, TPN, IV fluids for nutrition or hydration
  - Coding depends on resident's participation in oral intake
- **Food/drink with med pass is not eating/drinking**



# ADL Definitions/Considerations

## Toilet Use: How resident

- ≈ Uses the toilet room, commode, bedpan, or urinal
- ≈ Transfers on/off toilet
- ≈ Cleanses self after elimination
- ≈ Changes pad
- ≈ Manages ostomy or catheter
- ≈ Adjust clothing
- ≈ **Does not include emptying bedpan, urinal, bedside commode, catheter bag or ostomy bag**

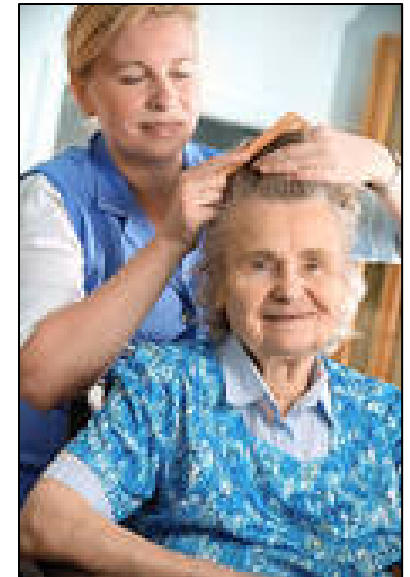
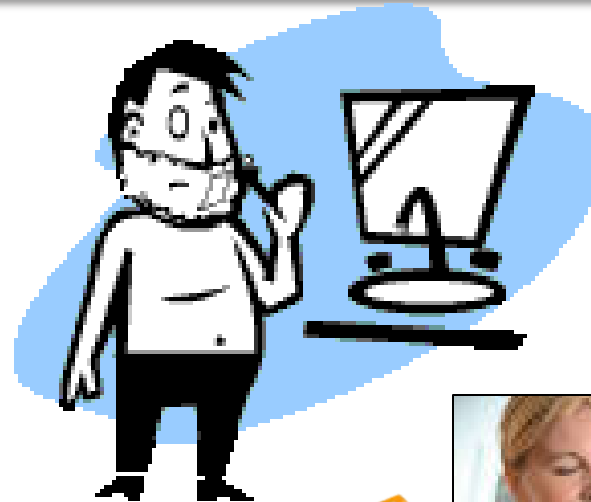




# ADL Definitions/Considerations

## Personal hygiene

- ⓐ Comb hair
- ⓐ Brush teeth
- ⓐ Shave
- ⓐ Apply makeup
- ⓐ Wash/dry face and hands
- ⓐ **Does not include baths and showers**



# Coding Instructions

For each ADL:

- Consider all episodes
- Identify what the resident does for him/herself
- Note the amount and type of assistance provided (verbal cueing, physical support, etc.)
- Code based on resident's level of assistance when using special adaptive devices (walker, dressing stick, long-handled reacher, or adaptive eating utensils).

# Two Part ADL Evaluation

Two columns

✦ Column 1: Self Performance

✦ Column 2: Staff Support

1. Self-Performance	2. Support
↓ Enter Codes in Boxes ↓	
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

# Self-Performance Column

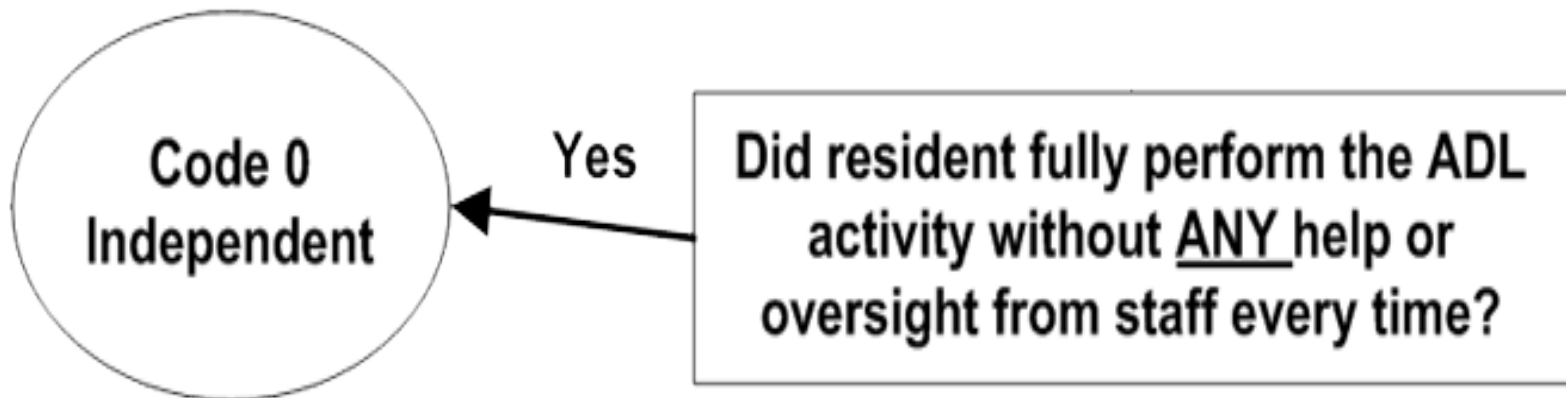
- ✦ Measures **what the resident** actually **did** independently during **each episode** of each ADL activity across all shifts.
- ✦ Complete this column first before coding ADL Support

1. Self-Performance
↓ Enter Code
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

# Self-Performance: Independent

Code 0:

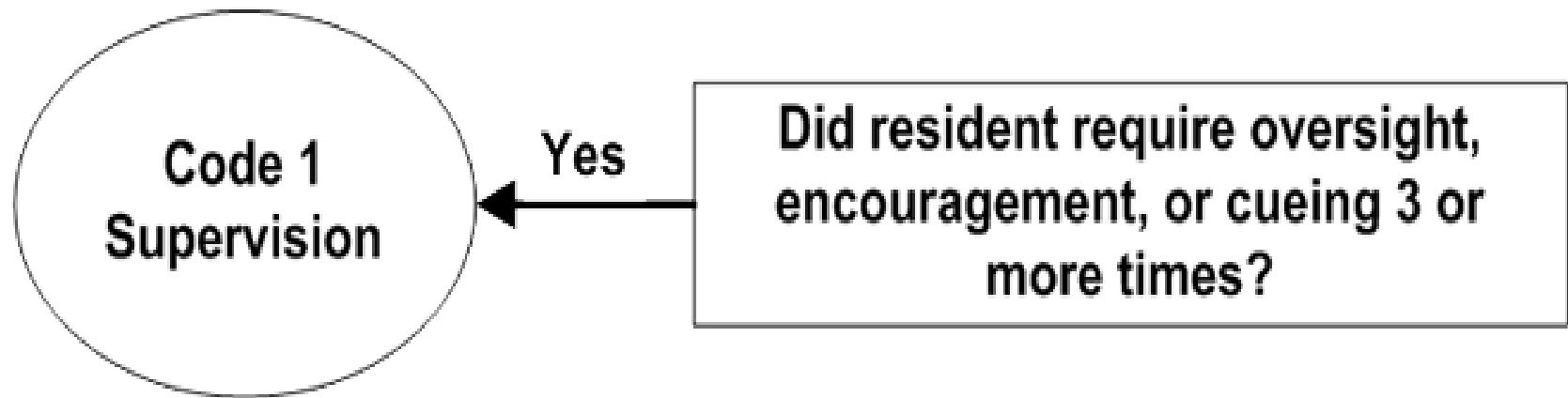
- Resident completed activity with no help or oversight **every time** during the 7-day look-back period.
- Activity occurred at least three times



# Self-Performance: Supervision

Code 1:

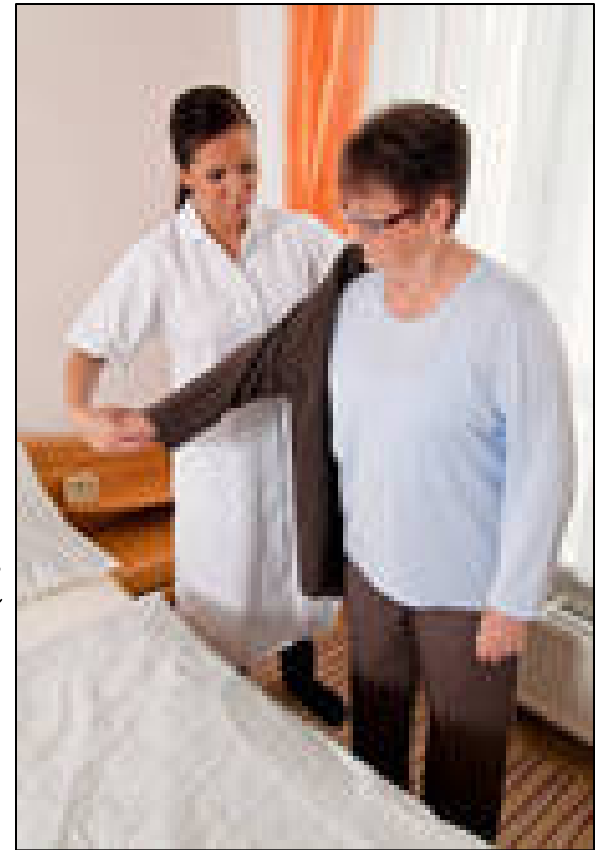
- Oversight, encouragement, or cueing provided
- Activity occurred three or more times



# Self-Performance: Limited Assistance

Code 2: Resident is highly involved in activity and

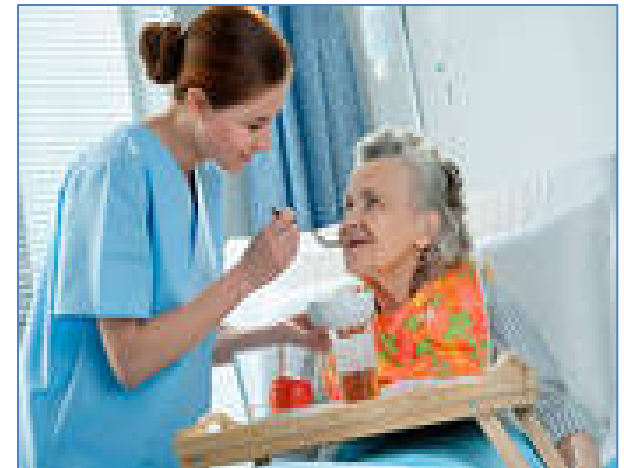
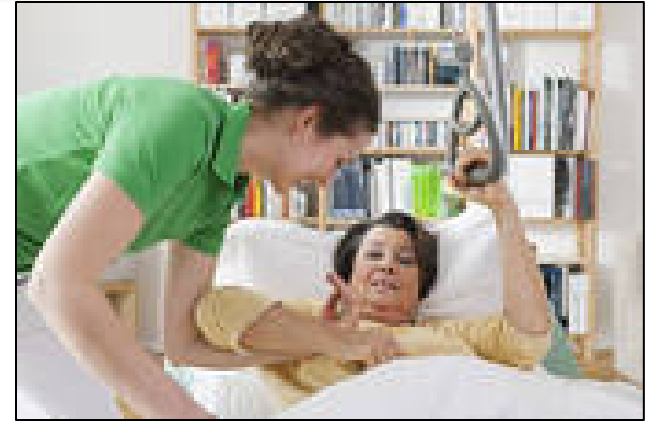
- Received physical help in guiding of limb(s) three or more times or
- Received other non-weight bearing assistance on three or more times



# Self-Performance: Extensive Assistance

Code 3: Resident performed part of the activity and

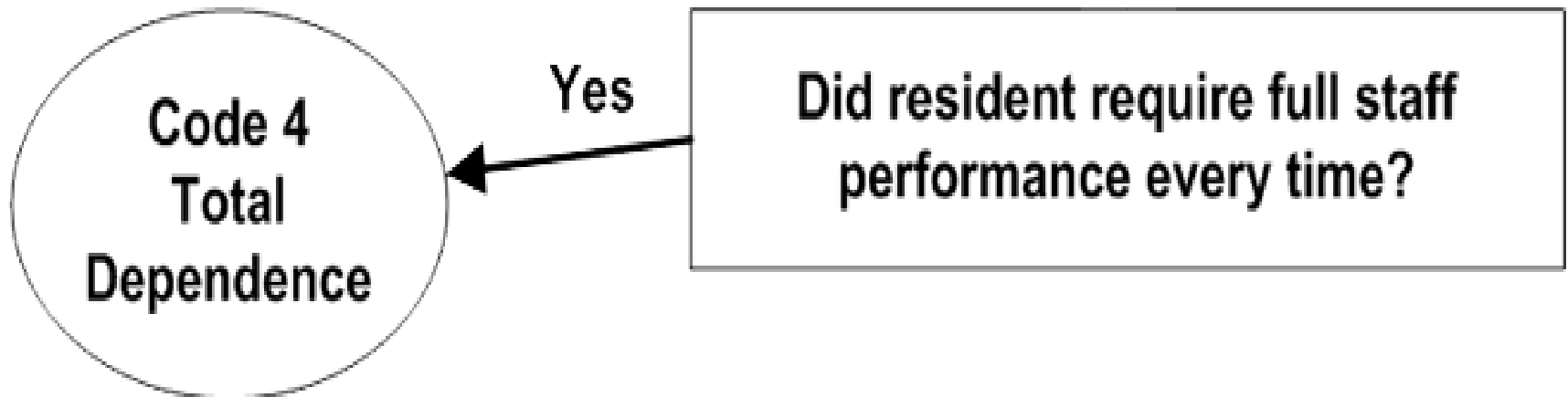
- Staff provided weight-bearing (WB) support three or more times or
- Full staff performance (FSP) of activity three or more times during part but not all of the last 7 days





# Self-Performance: Total Dependence

- ✦ Full staff performance of an activity with no participation by resident three or more times
- ✦ Resident must be unwilling or unable to perform any part of the activity over the entire 7-day look-back period.



# Self-Performance

## ✦ Code 7: Activity occurred

- Less than three times
- Once or twice

**Code 7  
Activity  
Occurred only  
1 or 2 times**

## ✦ Code 8:

- Activity did not occur
- Family and /or non-facility staff provided care 100% of time over the entire look-back period



# Rule of Three (3)

Instructions for using the “Rule of 3”


- ✦ Coding criteria for resident performance of activity
- ✦ Coding criteria that measure how much assistance staff give to the resident
- ✦ Definitions of each ADL
- ✦ Look back period: 7-days

# Rule of 3

Method used to determine the appropriate ADL Self-Performance code.

- Keep the ADL definitions and any exceptions in mind
- When an ADL activity has occurred three or more times, the rule of 3 steps will apply.
  - Rule of 3 steps must be used in sequence

# Rule of 3 Steps

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 occurred at 3 or more times

# Rule of 3 Steps

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 FSP (full staff performance) to WB (weight bearing) assistance.
    - As long as the full staff performance episodes did not occur every time the ADL was performed in look back period

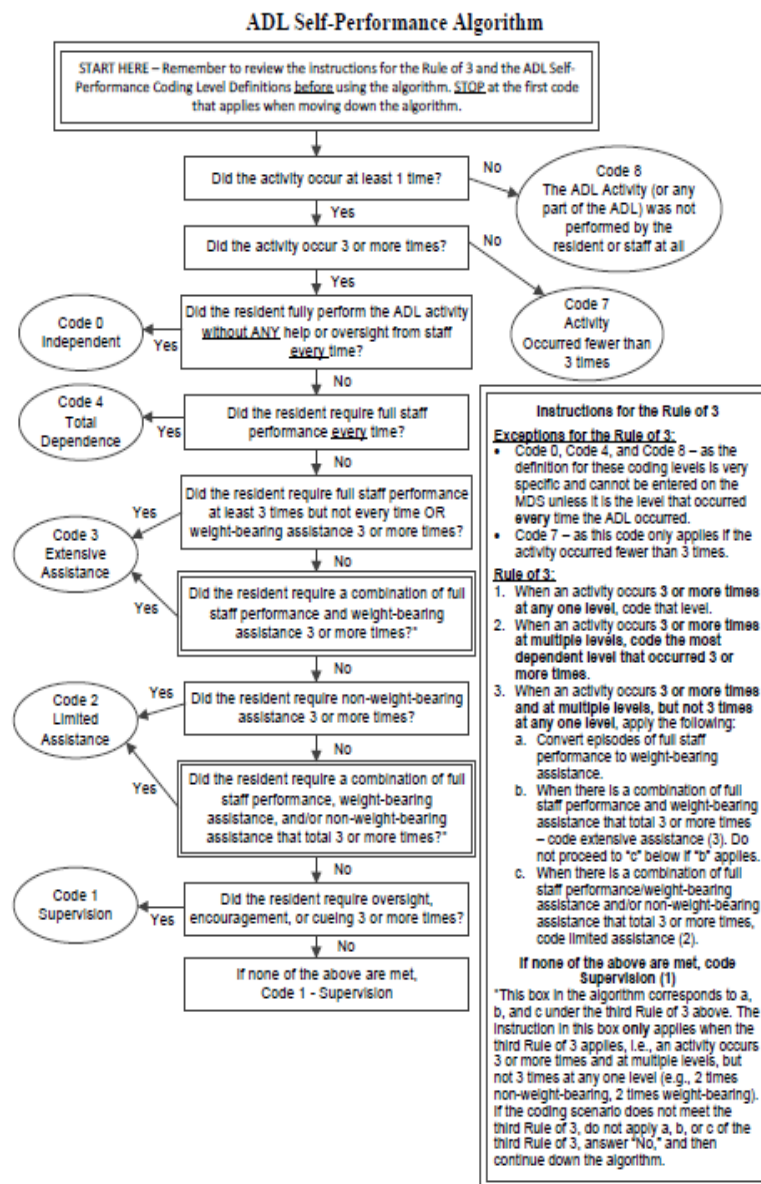
# Rule of 3: Steps

- b. When a combination of FSP and WB assistance total 3 or more times – code extensive assistance
- c. When a combination of FSP/WB assistance, and /or non-weight bearing assistance total 3 or more times – code limited assistance
4. If none of the above are met, code supervision

# ADL Algorithm

RAI Manual, Chapter 3,  
Section G, page G-8

## G0110: Activities of Daily Living (ADL) Assistance (cont.)





# Exception to Rule of 3

The Rule of 3 does not apply to the following:

- Code 0: Independent:
- Code 4: Total dependence
- Code 8: Activity did not occur
  - Cannot enter coding of these definitions on MDS unless the level occurred **every time**
- Code 7: Activity occurred once or twice.
  - Criteria for coding does not meet the three or more definition

# Facility Staff or Not

Facility Staff

Non-facility staff

# ADL Support Column

- Measures the most **support provided by staff.**
- Document the highest level of support even if occurred once.
- Staff assistance includes oversight, setup, verbal cueing or encouragement, physical assistance, or full staff performance of the activity.
- Does not include assistance provided by family, visitors, etc.

2 Support
is in Boxes ↓
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

# Support: Coding Instructions

- ✦ Code 0: No setup or physical help from staff
- ✦ Code 1: Setup help only
- ✦ Code 2: One person assistance
- ✦ Code 3: Two or more persons assistance
- ✦ Code 8: Activity itself did not occur or family and /or non-facility staff provided care 100% of time.

# ADL Coding & Don'ts

- ✦ Do not include the emptying of bedpan, urinal, bedside commode, catheter bag or ostomy bag in G0110 I (Toilet use).
- ✦ Do not include assistance provided by family or other visitors.
- ✦ Do not record the type and level of assistance the resident “should” be receiving as written in plan of care.
- ✦ Record what actually happened.

# Examples of ADL Support Setup Help

- ✦ **Bed Mobility:** Staff hands resident the trapeze bar, staff raises the ½ rails for resident's use and then provided no further help.
- ✦ **Transfer:** Staff gives resident a transfer board or lock the wheels on a wheelchair for safety.
- ✦ **Locomotion:**
  - **Walking:** Handing resident a walker or cane
  - **Wheeling:** Unlock a wheelchair brakes or adjusting the foot pedals to facilitate foot motion while wheeling.

# Examples of ADL Support Setup Help

- ✦ Dressing: Retrieving clothes from the closet and laying out on the resident bed; handing resident a shirt.
- ✦ Eating: Cutting meat and opening containers at meals; giving one food item at a time.
- ✦ Toilet Use: Handing resident the bedpan or placing articles necessary for changing ostomy appliance in reach
- ✦ Personal Hygiene: Providing a washbasin and grooming items.

# Examples of Activity did not occur

## Code 8

Toileting: If elimination did not occur during the entire look-back period, or if family and /or non-facility staff toileted the resident 100% of time.

Locomotion: If resident was on bed rest and did not get out of bed, and there was no locomotion via bed, wheelchair, or other means (family and/or non-facility staff).

Eating: If resident received no nourishment by any route (oral, IV, TPN, enteral) during look back period. If resident was not fed by facility staff, or if family and /or non facility staff fed the resident 100% of the time.



# Other Coding Examples

Resident with Tube Feeding, TPN or IV fluids and G0110H: Eating

Code *extensive assistance* (1 or 2 persons) if resident:

- Did not participate in management of nutrition but
- Participated in receiving oral nutrition



# Other Coding Examples

## Resident with Tube Feeding...and Eating

✦ Code *totally dependent* in eating if resident:

- Was fed all food items, snacks & liquids.
- Did not participate in eating (did not pick up finger foods, did not give self tube feeding or eating procedure)



# G0120: Bathing

- ✦ Definition: How the resident
  - Takes a full body bath, shower or sponge bath
  - Transfers in and out of tub or shower.
- ✦ Washing of back and hair not included.



- Bathing items measures
  - Self Performance
  - Staff Support

# Bathing Coding Instructions

## Self Performance

- ⊕ Code 0: Independent
- ⊕ Code 1: Supervision
- ⊕ Code 2: Physical help limited to transfer
- ⊕ Code 3: Physical help in part of bathing activity
- ⊕ Code 4: Total dependence
- ⊕ Code 8: Activity did not occur

# Bathing Coding Instructions

## ✦ Staff Support

- Uses the same codes as G0110 ADL Support Provided

## ✦ Rule of three (3) does not apply

## ✦ Code for the maximum amount of assistance the resident received during bathing.

# G0300: Balance during Transitions and Walking

- ✦ Complete item for all residents.
- ✦ Observe and document observation of resident during transition from sitting to standing, walking, turning, transferring on and off toilet and transferring from wheelchair to bed and bed to wheelchair
- ✦ If staff has not documented resident's stability in these areas, use the assessment process in the RAI Manual.



# Balance Procedure (RAI Manual p G-26)

## Test for Standing



1. Ensure resident's assistive device (if used) is available.
2. Start with resident sitting on the edge of the bed or chair, or wheelchair.
3. Ask resident to stand up and stay still for 3-5 seconds.
  - a. Rate G0300A (resident moving from seated to standing position).

# Balance Test for Walking & Turning Around

## ✦ Walking:

From the standing position, ask resident to walk about 15 feet using usual assistive device (if needed).

Rate G0300B Walking

## ✦ Turning Around:

Ask resident to turn around.

Rate (G0300C) Turning around





# Balance Test for Toileting & Transfer

## Toileting

- Ask resident to walk or wheel from a starting point in room into the bathroom.
- Prepare for toileting and sit on the toilet
- Rate moving on and off toilet (G0300D)
- Include in coding stability while manipulating clothing to allow toileting to occur



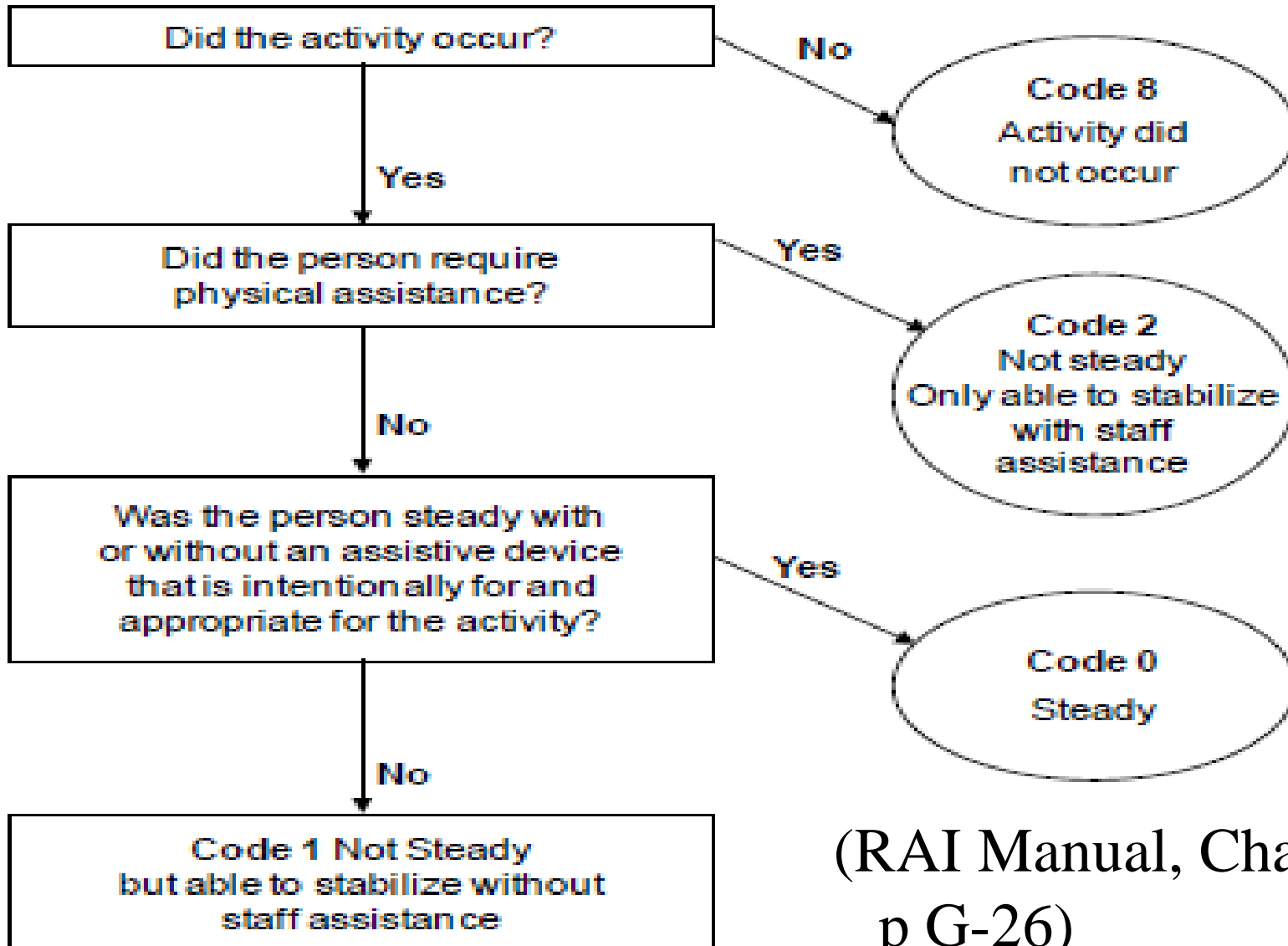
# Balance Test for Transfer

## Surface to Surface Transfer



- Resident who uses wheelchair for mobility
- Transfer between bed and chair/wheelchair
- Transfer chair/wheelchair and bed
- Rate surface-to-surface transfer (G0300E)

# Balance Algorithm



(RAI Manual, Chapter 3,  
p G-26)

# G0300 Coding Instructions

- ✦ Code for the least steady episode (using assistive device if applicable).
- ✦ Resident is
  - a. Code 0: Steady at all times
  - b. Code 1: Not steady, but able to stabilize without staff assistance
  - c. Code 2: Not steady; only to stabilize with staff assistance
  - d. Code 8: Activity did not occur

# G0400 Functional Limitation in Range of Motion (ROM)

- ✦ Definition: Limited ability to move a joint that interferes with daily functioning.
- ✦ Range of Motion
  - Do not focus on the ROM limitation alone
  - Item is not coded because of diagnosis or lack of a limb or digit.
- ✦ Intent: To determine whether functional limitation in ROM interferes with the resident's:
  - Activities of daily living *or*
  - Places resident at risk of injury

# G0400: Steps for Assessing

1. Test the resident's upper and lower extremity ROM
2. If the resident has limitation of upper and/or lower extremity ROM:
  - a. Review G0110 and/or
  - b. Observe resident's limitation for interference with function or that places resident at risk for injury
3. Code G0400A/B based on the above assessment

# ROM Procedure

- ✦ Assess resident's ROM bilaterally at the shoulder, elbow, wrist, hand, hip, knee, ankle, foot, and other joints (unless contraindicated)
- ✦ May use staff observation of various activities.
- ✦ If no observations have been done:
  - Ask resident to follow your verbal instructions for each movement
  - Demonstrate each movement
  - If needed, actively assist the resident with movement



# Upper/Lower Extremities

## G0400A Upper Extremities

Shoulder

Elbow

Wrist

Hands/Fingers

## G0400B: Lower Extremities

Hip

Knee

Ankle

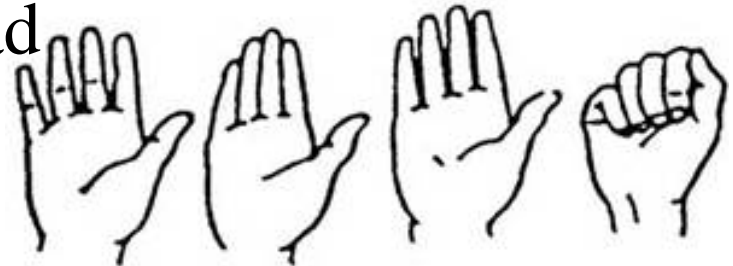
Foot/and other joints



# Suggested Assessment Strategies

## ✦ Upper Extremities

- Each hand: Make a fist, then open hand
- While seated: Reach with both hands and touch palms to back of head
- Touch each shoulder with the opposite hand



Abduction

Adduction

## ✦ Alternative (Observe resident)

- Grasping and letting go of utensils
- Combing hair
- Donning or removing a shirt/blouse over the head



# Suggested Assessment Strategies

## ✦ Lower Extremities

- Flex each foot (pull toes up toward head) and extend (push toes down away from head)
- Lift leg one at a time, bending knee to a right angle (90 degrees)
- Slowly lower leg and extend it flat on the mattress

### ➤ Alternative: Observe resident

- Motion of peddling a bicycle
- Putting on shoes
- Lifting leg when donning lower body clothing



# G0400: Coding Instructions

- ✦ Code 0: No impairment
  - Resident has full range of motion on both sides of upper and lower extremities
- ✦ Code 1: Impairment on one side
  - Resident has upper and/or lower extremity impairment on one side
- ✦ Code 2: Impairment on both sides
  - Resident has an upper and/or lower extremity impairment on both sides

# G0600: Mobility Devices

✦ Coding Instructions: Determine the types of mobility devices used by the resident for locomotion and to be independent.

✦ Check all that applies

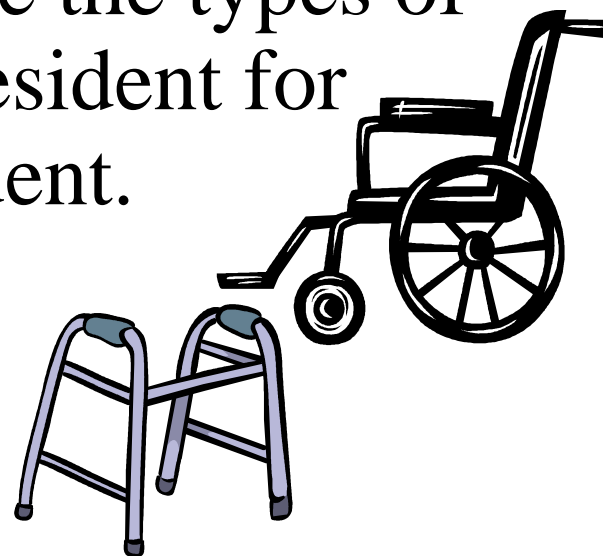
★ Check G0600A: Cane/crutch

★ Check G0600B: Walker

★ Check G0600C: Wheelchair (manual or electric)

★ Check G0600D: Limb prosthesis

★ Check G0600Z: None of the above or locomotion did not occur



**Prosthesis**



# ADL Scores and RUG-IV

# ADL & RUG

## ADL Score

- Component of the calculation for placement in all RUG-IV groups.
- Based on four “late loss” ADLs
  - Bed mobility
  - Transfer
  - Toilet use
  - Eating
- Indicates the level of functional assistance or support required by the resident.

# RUG & ADLs

## ◆ RAI Manual, Chapter 6, page 6-25

### STEP # 1

To calculate the ADL score use the following chart for bed mobility (G0110A), transfer (G0110B), and toilet use (G0110I). Enter the ADL score for each item.

Self-Performance Column 1 =		Support Column 2 =	ADL Score =	SCORE
-, 0, 1, 7, or 8	and	(any number)	0	G0110A = ___
2	and	(any number)	1	G0110B = ___
3	and	-, 0, 1, or 2	2	G0110I = ___
4	and	-, 0, 1, or 2	3	
3 or 4	and	3	4	

### STEP # 2

To calculate the ADL score for eating (G0110H), use the following chart. Enter ADL score.

Self-Performance Column 1 (G0110H) =		Support Column 2 =	ADL Score =	SCORE
-, 0, 1, 2, 7, or 8	and	-, 0, 1, or 8	0	G0110H = ___
-, 0, 1, 2, 7, or 8	and	2 or 3	2	
3 or 4	and	-, 0, or 1	2	
3	and	2 or 3	3	
4	and	2 or 3	4	

### STEP # 3

Add the four scores for the total ADL score. This is the RUG-IV TOTAL ADL SCORE. The total ADL score ranges from 0 through 16.

**TOTAL RUG-IV ADL SCORE** \_\_\_\_\_

The four scores are added for the total ADL score.

ADL score ranges from 0-16



# Application Scenarios

TEST





# Test Your Knowledge

Mrs. B frequently attempts unsafe transfers. During the observation period, Mrs. B transferred *independently* from her bed to chair *three times* and from her chair to the toilet *three times*. Mrs. B also received *extensive assistance* from staff *four times* to transfer from the toilet to the chair and *limited assistance three times* to transfer from the chair to the bed.

# Coding

How would ADL Self-Performance for transfers be coded?

1. Code 0: Independent
2. Code 1: Supervision
3. Code 2: Limited Assistance
4. Code 3: Extensive Assistance
5. Code 4: Total Dependence
6. Code 7: Activity occurred only once or twice
7. Code 8: Activity did not occur

## Test Your Knowledge

Mr. Q. had slid to the foot of the bed four times during the look-back period. Two staff members had to physically lift and reposition him toward the head of the bed. Mr. Q. was able to assist by bending his knees and pushing with legs when reminded by staff.

# Coding

How would ADL Self-Performance for Bed Mobility be coded?

1. Code 0: Independent
2. Code 1: Supervision
3. Code 2: Limited Assistance
4. Code 3: Extensive Assistance
5. Code 4: Total Dependence
6. Code 7: Activity occurred only once or twice
7. Code 8: Activity did not occur

# Test Your Knowledge

Mr. G's ADL Self-Performance in bed mobility varies. During the observation period the resident received *full staff performance five times* and was *independent with bed mobility twice*. Mr. G's family *provided assistance with bed mobility every other time*.

# Answer

How would ADL Self-Performance for bed mobility be coded?

1. Code 0: Independent
2. Code 1: Supervision
3. Code 2: Limited Assistance
4. Code 3: Extensive Assistance
5. Code 4: Total Dependence
6. Code 7: Activity occurred only once or twice
7. Code 8: Activity did not occur

# Test Your Knowledge

Mr. T. had an exacerbation of his Crohn's disease. During the observation period, Mr. T. had two episodes of bowel incontinence that required extensive staff assistance with peri-care and one episode of bowel incontinence that required full staff - performance to manage the incontinence. Mr. T. was independent with toileting the remaining 31 times.

# Answer

How would ADL Self-Performance with toileting be coded?

1. Code 0: Independent
2. Code 1: Supervision
3. Code 2: Limited Assistance
4. Code 3: Extensive Assistance
5. Code 4: Total Dependence
6. Code 7: Activity occurred only once or twice
7. Code 8: Activity did not occur



# Test Your Knowledge

Miss Xena ambulated daily up and down the hallway of her unit with a cane and did not require any setup or physical help from staff at any time during the look-back period.

How would self performance at G0110D for walk in corridor be coded?

# Test Your Knowledge

On his ARD, Mr. J. experience a fall resulting in a right femur fracture. During the observation period, Mr. J. was *totally dependent* on staff for toileting assistance *one time* and required *weight bearing assistance with transfers off the toilet twice*. Mr. J. required *supervision and cues* with toileting the remaining *28 times*.

# Answer

How would ADL Self-Performance with toileting be coded?

Based on the  
Rule of Three

1. Code 0: Independent
2. Code 1: Supervision
3. Code 2: Limited Assistance
4. Code 3: Extensive Assistance
5. Code 4: Total Dependence
6. Code 7: Activity occurred only once or twice
7. Code 8: Activity did not occur

# Scenario: Rule of 3

How would the following be coded?

- ✦ Total assistance (4) occurred four times
- ✦ Limited assistance (2) occurred five times

4,4,4,4,2,2,2,2,2

# Answer

How would you code Column 1?

1. Code 0: Independent
2. Code 1: Supervision
3. Code 2: Limited Assistance
4. Code 3: Extensive Assistance
5. Code 4: Total Dependence
6. Code 7: Activity occurred only once or twice
7. Code 8: Activity did not occur

# Section G Scenario

- ✦ Resident is transferred via Hoyer Lift.
- ✦ The resident does not assist with the transfer in any way. The resident does not stand, scoot over the sling, or help position once on the sling.
- ✦ Once transfer is over, the resident cannot remove themselves from the sling. Staff must do it.
- ✦ However, while in the device, either the resident or staff placed the resident's hands on the bar in front or crossed in front of them.
- ✦ Would extensive assist or total dependence for transfer be coded?

## Scenario: Rule of 3

How would the following be coded?

- ✦ 10 times at “0” Independent
- ✦ 2 times at “1” Supervision
- ✦ 2 times at “2” Limited Assistance
- ✦ 2 times at “3” Extensive Assistance
- ✦ 5 times at “8” Activity did not occur

# Scenario: Rule of 3

How would the following be coded?

- ✦ Supervision was provided nine times
- ✦ Limited assistance was provided three times
- ✦ Extensive assistance was provided once
- ✦ Total assistance was provided twice

1,1,1,1,1,1,1,1,1,2,2,2,3,4,4



# Answer

1. Code 0: Independent
2. Code 1: Supervision
3. Code 2: Limited Assistance
4. Code 3: Extensive Assistance
5. Code 4: Total Dependence
6. Code 7: Activity occurred only once or twice
7. Code 8: Activity did not occur

# Questions

