

**FUNCTIONAL ABILITIES**

**Do not code the resident's best performance and do not code the resident's worst performance,**

**CODE THE RESIDENT'S USUAL PERFORMANCE.**

**Code what you observe and/or code what the resident self-reports and/or what the staff or family reports as resident's performance.**

**Allow the resident to perform the activities as independently as possible, as long as they are safe.**

**Activities may be completed with or without assistive devices.**

**Use of assistive device(s) to complete an activity does not affect coding of the activity.**

**"Helper"**

**Facility staff or facility-contracted employees. Does not include hospice staff, nursing/CNA students, etc.**

**FUNCTIONAL ABILITIES are coded during the first 3 days of admission or readmission and the last 3 days of a planned discharge. *Interim coding may occur during the stay and dates will be identified for staff.***

### **EATING**

**How a resident:**

**Brings food and liquids to the mouth and swallows the food and/or liquid once the meal is placed before them.**

***DOES NOT include tube feedings or total parenteral nutrition (TPN)***

### **ORAL HYGIENCE**

**How a resident:**

**Uses suitable items to clean teeth. Inserts and removes dentures (if applicable) into and from the mouth and manages denture soaking and rinsing with the use of equipment.**

### **TOILETING HYGIENE**

**How a resident:**

**1) Performs perineal cleansing before and after elimination.**

**2) Adjusts clothing before and after voiding or having a bowel movement.**

### **TOILETING HYGIENE (con't)**

**How a resident:**

**3) Uses the toilet, commode, bedpan or urinal.**

**4) Manages an ostomy, including wiping the opening but NOT managing equipment.**

### **SIT TO LYING**

**How a resident:**

**Moves from sitting on the side of the bed to lying flat on the bed.**

### **LYING TO SITTING ON SIDE OF BED**

**How a resident:**

**Moves from lying on the back to sitting on the side of the bed with feet flat on the floor, no back support. Change bed height as needed to accommodate foot placement.**

<p><i>If lying to sitting on side of bed cannot be assessed because of the degree to which the head of the bed must be elevated then code as “88. Not attempted due to medical condition or safety concern”.</i></p>	<p><b><u>SIT TO STAND</u></b>  <b>How a resident:</b>  <b>Is able to come to a standing position from sitting in a chair, wheelchair or on side of the bed.</b>  <b><i>Code as 01. Dependent when a sit-to-stand lift is used with 2 helpers, as required.</i></b></p>
<p><b><u>CHAIR / BED-TO-CHAIR TRANSFER</u></b>  <b>How a resident:</b>  <b>Is able to transfer to and from a bed to a chair (or wheelchair).</b>  <b><i>Code as 01. Dependent when a mechanical lift (Hoyer) is used with 2 helpers, as required.</i></b></p>	<p><b><u>TOILET TRANSFER</u></b>  <b>How a resident:</b>  <b>Is able to get on and off a toilet or commode</b></p>
<p><b><u>WALK 50 FEET w 2 TURNS</u></b>  <b>How a resident:</b>  <b>Once standing, is able to walk at least 50 feet and make 2 turns. The two turns are 90-degree turns.</b>  <b><i>The turns may be in the same direction or different directions.</i></b></p>	<p><b><u>WALK 150 FEET</u></b>  <b>How a resident:</b>  <b>Once standing is able to walk at least 150 feet in a corridor or similar space</b></p>

<p><b><i>The walking activities do not need to occur during one session. Allowing rest between activities or completing activities at different times during the day may facilitate completion of the activities.</i></b></p>	<p><b><u>The 6-Point Scale and Activity Not Attempted Codes</u></b>  <b>Safety and Quality of Performance – If helper assistance is required because resident’s performance is unsafe or of poor quality, score according to amount of assistance provided.</b></p>
<p><b><u>06. Independent</u></b>  <b>Resident safely completes the activity by him/herself with no assistance from a helper.</b></p>	<p><b><u>05. Setup or Clean-up Assistance</u></b>  <b>Helper sets up or cleans up; resident completes activity. Helper assists only prior to or following the activity.</b></p>
<p><b><u>04. Supervision or Touching Assistance</u></b>  <b>Helper provides verbal cues and/or touching/steadying and/or contact guard assistance as resident completes activity. Assistance may be provided throughout the activity or intermittently.</b></p>	<p><b><u>03. Partial / Moderate Assistance</u></b>  <b>Helper does <b>LESS THAN HALF</b> the effort. Helper lifts, holds or supports trunk or limbs, but provides less than half the effort.</b></p>

<p><b><u>02. Substantial / Maximal Assistance</u></b></p> <p>Helper does <b>MORE THAN HALF</b> the effort. Helper lifts or holds trunk or limbs and provides more than half the effort.</p>	<p><b><u>01. Dependent</u></b></p> <p>Helper does <b>ALL</b> of the effort. Resident does none of the effort to complete the activity. <b>OR, the assistance of 2 or more helpers</b> is required for the resident to complete the activity.</p>
<p>IF activity was not attempted, code reason:</p> <p><b><u>07. Resident refused</u></b></p>	<p>IF activity was not attempted, code reason:</p> <p><b><u>09. Not applicable</u></b></p> <p>Not attempted and the resident did not perform this activity prior to the current illness, exacerbation, or injury</p>
<p>IF activity was not attempted, code reason:</p> <p><b><u>10. Not attempted due to environmental limitations</u></b> (e.g., lack of equipment, weather constraints)</p>	<p>IF activity was not attempted, code reason:</p> <p><b><u>88. Not attempted due to medical condition or safety concerns</u></b></p>

**Eating Example:**

Mrs. N is impulsive. While she eats, the CNA provides verbal cueing so that Mrs. N does not lift her fork to her mouth until she has swallowed the food in her mouth.

**Toileting Hygiene Example:**

Mrs. P has urinary urgency. As soon as she gets in the bathroom, she asks the CNA to lift her gown and pull down her underwear. After voiding, Mrs. P wipes herself, pulls her underwear back up and adjusts her gown.

**Chair/Bed-to-Chair Transfer Example:**

Mr. F underwent bilateral above-the-knee amputations. He requires full assistance with transfers from the bed to the wheelchair with 2 CNAs using a lift device.

**Walking 50 Feet with 2 Turns Example:**

Mrs. C has Parkinson's disease and uses a walker. The PT must advance the walker for Mrs. C with each step and assists by physically initiating the stepping movement forward, advancing Mrs. C's foot during the activity of walking 50 feet with 2 turns.

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