ADL Self-Performance: Practice Activities

The following activities are intended for the trainee to develop an understanding as it relates to coding for ADL self-performance in preparation for competency testing and accurate completion of the Hospital EARC, including:

1. Identifying the coding for a single episode of ADL self-performance;
2. Identifying the least dependent of the 3 most dependent episodes for coding of ADL self-performance;
3. Identifying the coding for a scenario to first determine the coding for each episode and then determining the least dependent of the 3 most dependent episodes for coding of ADL self-performance.

PRACTICE ACTIVITY #1
Identifying Single Episode Coding Of ADL Self-Performance

ADL CODING DEFINITIONS:
The following coding definitions apply to all ADLs, including Bed Mobility, Transfer, Locomotion, Dressing (upper and/or lower body), Eating, Toileting (toilet use and/or toilet transfer) and Bathing:

- INDEPENDENT: No help, setup or oversight
- SETUP HELP ONLY: Article or device provided within reach of individual
- SUPERVISION: Oversight, encouragement or cueing
- LIMITED ASSISTANCE: Individual is highly involved in activity; received physical help in guided maneuvering of limbs or other non-weight bearing assistance
- EXTENSIVE ASSISTANCE: Weight-bearing support (including lifting limbs) by 1 helper where person still performs 50% or more of subtasks
- MAXIMAL ASSISTANCE: Weight-bearing support (including lifting limbs) by 2+ helpers – OR – Weight-bearing support for more than 50% of subtasks
- TOTAL DEPENDENCE: Full performance of the activity by another
- ACTIVITY DID NOT OCCUR: The activity was not performed by the individual or others (regardless of ability)

INSTRUCTIONS: The following represents a single episode of ADL self-performance. For each scenario below identify the level of support that is required; considering all subtasks that may be required to complete the activity.

Bed Mobility
1. This evening, to turn over, Mr. L. began by reaching for a side rail for support. He received physical assistance to help guide his legs into position, while the aide turned him with a turn sheet (using weight-bearing assistance). _____

Transfer
2. This afternoon, Mrs. M. was able to transfer out of the chair to a standing position by using the arms of the chair. _____

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3. This evening. Mrs. N. required weight bearing assistance of one person to partially lift and support her while being transferred from her wheelchair to the bedside chair. _____

Locomotion
4. Mr. H. uses a wheelchair as locomotion in his room. Today he was dependent on staff to propel the wheelchair throughout his room.
_____

5. Last night Mrs. I. ambulated to the solarium. She required non-weight bearing hands on assistance to steady her gait.
_____

Dressing (Upper Body and/or Lower Body)
6. This evening Mrs. J. changed into her night clothes with the assistance of the aide who guided her arms into the sleeves and guided her nightgown over her head. She buttoned the front.
_____

7. Mrs. K. needed staff assistance to put on her anti-embolism stockings. Mrs. K. is able to extend each leg as the stockings are applied and can slip her feet into her slippers after they are positioned in place. _____
_____

Eating
8. Mrs. A. experienced difficulty eating breakfast; eating independently only after someone guided her hand with the first bite and then offered encouragement to continue. _____

9. Mr. B. has a history of dysphagia and choking. He was able to eat his lunch by himself as long as his wife sat with him to monitor him for safety.
_____

Toileting (Toilet use and/or Toilet Transfer)
10. During an episode of toileting this morning, the aide assisted Mr. C. to zip his pants, hand him a washcloth, and remind him to wash his hands after he was finished using the toilet.
_____

11. During a bout of vertigo Mrs. M required the nurse to assist with weight-bearing support as she transferred to the bedside commode upon waking this morning.
_____

Bathing (Consider Last 7 Days)
12. Today Mr. F. showered with verbal cues and encouragement from his wife. _____
_____

13. Mrs. G. received guided maneuvering to get into the shower, and then was able to bathe without any further assistance.
_____

14. This morning Mrs. Z. was able to bathe by herself after the aide placed necessary supplies and a basin of water on her bedside table within her reach. _____

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PRACTICE ACTIVITY #2
Identifying the Least Dependent of the 3 Most Dependent ADLS

> **ADL CODING GUIDELINE**:
> Over the past three days consider all episodes of ADL performance and level of assistance. Focus on the 3 most dependent episodes.

> **INSTRUCTIONS:** Identify the least dependent of the 3 most dependent episodes for coding of ADL self-performance

1. Maximal, extensive, set up:
    _____

2. Total Dependent, total dependent, total dependent:
    _____

3. Set up, independent, set up:
    _____

4. Total dependence, total dependence, extensive:
    _____

5. Maximal, maximal, set up:
    _____

6. Total dependence, limited, extensive:
    _____

7. Limited, limited, supervision:
    _____

8. Independent, independent, independent:
    _____

9. Extensive, extensive, limited:
    _____

10. Activity did not occur, activity did not occur, activity did not occur:
    _____

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PRACTICE ACTIVITY #3
Identifying the ADL Coding for a Full Scenario

ADL CODING GUIDELINE:
Determine the 3 MOST dependent (HIGHEST) episodes of assistance over the past 3 days; use the LEAST dependent (lowest) of these 3 episodes to code the ADL.

ADL CODING DEFINITIONS:
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- INDEPENDENT: No help, setup or oversight
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- EXTENSIVE ASSISTANCE: Weight-bearing support (including lifting limbs) by 1 helper where person still performs 50% or more of subtasks
- MAXIMAL ASSISTANCE: Weight-bearing support (including lifting limbs) by 2+ helpers – OR – Weight-bearing support for more than 50% of subtasks
- TOTAL DEPENDENCE: Full performance of the activity by another

ACTIVITY DID NOT OCCUR: The activity was not performed by the individual or others (regardless of ability)

INSTRUCTIONS: For the ADL scenarios identified below, determine the level of assistance for each episode of ADL self-performance followed by determining the overall level of support for coding of the ADL identified. (Refer to Hospital EARC: ADL Coding Decision Tree)

1. Mrs. Smith received 15 episodes of assistance with toileting over the last three days. Five episodes of assistance were oversight, eight episodes were non-weight bearing assistance and two episodes she required weight-bearing support including lifting limb by 1 helper. How would you code for TOILETING?
   Identify the three most dependent episodes = _____ _____ _____
   Identify the least of these three = _____

2. Mr. Thompson received 6 episodes of assistance with dressing over the past 3 days. One episode was encouragement, four episodes were guided maneuvering of limbs and one episode was full performance of activity by another. What would you code for DRESSING?
   Identify the three most dependent episodes = _____ _____ _____
   Identify the least of these three = _____

3. Mr. Brown bathes daily. He received one episode of assistance with bathing in the last seven days, in which his basin and other necessary items were provided within reach for him. What would you code for BATHING?
   Identify the three most dependent episodes = _____ _____ _____
   Identify the least of these three = _____

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4. Mr. Toby can bathe independently although this activity was not performed by him or others in the last seven days. What would you code for BATHING?
   Identify the three most dependent episodes = _____ _____ _____
   Identify the least of these three = _____

5. In the last three days, Mrs. Young was able to dress her upper and lower body with no assistance from others. What would you code for DRESSING?
   Identify the three most dependent episodes = _____ _____ _____
   Identify the least of these three = _____

6. In the last three days Mrs. Carol received assistance to transfer out of bed nine times. For all episodes of assistance, Mrs. Carol required full performance of this activity by another. What would you code for TRANSFERS?
   Identify the three most dependent episodes = _____ _____ _____
   Identify the least of these three = _____

7. Over the past three days, Mrs. Jansen received non-weight bearing assistance with locomotion twice and seven times with oversight and cueing only. What would you code for LOCOMOTION?
   Identify the three most dependent episodes = _____ _____ _____
   Identify the least of these three = _____

8. Over the past three days, Mrs. Gertrude received weight-bearing support of which she performed 50% or more of subtasks with toileting on 6 occasions and guided maneuvering of limbs twice. She required no oversight or other assistance during ten other incidences of toileting. What would you code for TOILETING?
   Identify the three most dependent episodes = _____ _____ _____
   Identify the least of these three = _____

9. Over the past three days, Miss Booker got out of bed twice. She received weight-bearing assistance by 2+ helpers to transfer for one episode and weight-bearing assistance of 1 helper for the other episode. What would you code for TRANSFERS?
   Identify the three most dependent episodes = _____ _____ _____
   Identify the least of these three = _____

10. Over the past 3 days, Mrs. Smith used her walker twice with non-weight bearing assistance and her wheelchair ten times with no oversight. What would you code for LOCOMOTION?
    Identify the three most dependent episodes = _____ _____ _____
    Identify the least of these three = _____