









Hospital EARC: ADL Coding Reminders

INDEPENDENT		
<p>Definition: No help, set-up or oversight</p>	<p>NO LOOK, NO TALK, NO TOUCH</p>  <ul style="list-style-type: none"> No supervision, cueing or physical assistance with ADL 	 <ul style="list-style-type: none"> Individual does all parts of activity alone
<p>Examples:</p> <ol style="list-style-type: none"> 1. LOCOMOTION: Mr. A. used his walker by himself with <u>no hands on assistance</u> from staff. 2. EATING: Mr. B. <u>eats alone with no supervision.</u> 3. TOILETING: Mrs. C. requires <u>no prompting or oversight</u> for toileting; managing all subtasks <u>without assistance.</u> 4. DRESSING: Mr. D. is <u>able to gather items of clothing and get dressed</u> for breakfast. 		
SET-UP HELP ONLY		
<p>Definition: Article or device provided within reach of individual, no physical assistance or supervision provided.</p>	<p>NO LOOK, NO TALK, NO TOUCH</p>  <ul style="list-style-type: none"> No supervision, cueing or physical assistance with ADL 	 <ul style="list-style-type: none"> Staff set out items for use; Article or device provided in reach Individual independent is completing task
<p>Examples:</p> <ol style="list-style-type: none"> 1. BATHING: <u>Once a basin and other items are provided at the bedside within reach,</u> Mrs. S. can bathe independently. 2. LOCOMOTION: Mrs. A. is able to ambulate around the unit independently after she is <u>provided her walker.</u> 3. EATING: Mr. W. can eat independently <u>only after staff opens containers and cuts his food.</u> 4. TOILETING: Mr. T. is independent with using the urinal once it is <u>placed on the bedside table within reach.</u> 		




Hospital EARC: ADL Coding Reminders

SUPERVISION		
<p>Definition: Oversight, encouragement or cueing</p>	<p>LOOK, TALK, <u>NO</u> TOUCH</p>  <p>Must include:</p> <ul style="list-style-type: none"> • Supervision/monitoring for safety • Verbal cues <p>Does not include:</p> <ul style="list-style-type: none"> • No touch/physical assistance in any part of ADL. 	 <ul style="list-style-type: none"> • Oversight  <ul style="list-style-type: none"> • Verbal Cues  <ul style="list-style-type: none"> • hand gestures/no hands on assistance
<p>EXAMPLES:</p> <ol style="list-style-type: none"> 1. DRESSING: Mrs. E. requires <u>verbal step by step instructions</u> to get dressed. 2. EATING: Mr. B. <u>requires cueing by staff</u> during his meal due to being easily distracted. 3. TRANSFER: Mrs. T. can transfer without hands on assistance but <u>requires oversight for safety</u>. 4. LOCOMOTION: Mrs. J. has cognitive issues requiring <u>staff oversight and cueing</u> to keep her from entering the rooms of others. 		



Hospital EARC: ADL Coding Reminders

LIMITED ASSISTANCE		
<p>Definition: Individual is highly involved in activity; received physical help in <u>guided maneuvering of limbs</u> or other <u>non-weight bearing assistance</u>.</p> <p>Guided maneuvering = physically directing patient in completing task without weight bearing assistance.</p>	<p align="center">LOOK, TALK, TOUCH, NO LIFTING</p> <div align="center" data-bbox="646 451 1281 657"> </div> <p>Must include:</p> <ul style="list-style-type: none"> • Non-weight bearing hands on assistance • Hands on assistance, guidance <p>NOTE: Guiding movements with minimal physical contact and contact guarding with intermittent physical assistance are not considered weight bearing.</p> <p>May also include:</p> <ul style="list-style-type: none"> • Monitoring for safety • Verbal Cues 	<div align="center" data-bbox="1465 370 1816 714"> </div> <ul style="list-style-type: none"> • Contact guard, stand-by assistance <div align="center" data-bbox="1438 787 1843 1104"> </div> <ul style="list-style-type: none"> • Guided maneuvering of limbs
<p>EXAMPLES:</p> <ol style="list-style-type: none"> 1. DRESSING: Staff <u>gently guides</u> Mrs. M.'s arm into her sleeve <u>without taking on the weight of her arm</u>. 2. LOCOMOTION: Staff provides <u>contact guard</u> while Mr. H. walks as he is unsteady on his feet. 3. DRESSING: The aide provides <u>non-weight bearing assistance</u> by buttoning Mr. P.'s shirt and tying his shoes. 4. EATING: Mr. M. can take a few bites of food by himself only after staff <u>guides his hand</u> with his fork from the plate to his mouth. 		


Hospital EARC: ADL Coding Reminders

EXTENSIVE ASSISTANCE		
<p>Definition: Weight-bearing support (including lifting limbs) by 1 helper where person still performs 50% or more of subtasks.</p>	<p>LOOK, TALK, TOUCH, LIFT/SHIFT</p>  <p>Must include:</p> <ul style="list-style-type: none"> • Weight bearing assistance by 1 helper; and • Person involved in <u>50% or more</u> of sub-tasks <p>May also include:</p> <ul style="list-style-type: none"> • Monitoring for safety • Verbal cues 	  <p style="text-align: center; background-color: #00a09a; color: white; padding: 2px;">Restorative Nursing: Dressing, Grooming, and Bathing for the Nurse</p> <p>©2016 Redken LLC. All rights reserved.</p> <ul style="list-style-type: none"> • Weight-bearing support, including lifting of limbs, person does 50% or more of sub-tasks
<p>EXAMPLES:</p> <ol style="list-style-type: none"> 1. TRANSFER: <u>The aide must physically lift</u> Mr. P. <u>while he pushes off the arms</u> of the chair to get to a standing position. 2. DRESSING: Mrs. E. can dress her upper body without assistance but <u>requires the aid to lift her legs</u> to put on her pants, socks and shoes. She can buckle her belt and button her pants. 3. BED MOBILITY: Mrs. M. is able to <u>reposition her leg and hold onto the bed rails</u> while <u>the aide utilizes a turn sheet</u> to reposition her due to being at risk of bed sores. 4. LOCOMOTION: Due to leg weakness the nurse had to <u>physically hold Mr. D. and take on his weight</u> to prevent him from falling while walking. 		


Hospital EARC: ADL Coding Reminders

MAXIMAL ASSISTANCE		
<p>Definition: Weight-bearing support (including lifting limbs) by 2+ helpers – OR – Weight-bearing support for more than 50% of subtasks</p>	<p style="text-align: center;">LOOK, TALK, TOUCH, LIFT/SHIFT</p> <div style="text-align: center;">  </div> <p>Must include:</p> <ul style="list-style-type: none"> • Weight bearing assistance by 2 or more helpers; OR • Person involved <u>in less than 50%</u> or more of sub-tasks with weight bearing support <p>May also include:</p> <ul style="list-style-type: none"> • Monitoring for safety • Verbal cues 	<div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Weight-bearing support of 2 helpers; or • Weight-bearing support where Patient does less than 50% of sub-tasks
<p>Examples:</p> <ol style="list-style-type: none"> 1. TRANSFER: Mr. N. requires <u>weight bearing assistance of 2 staff members</u> to transfer from bed to wheelchair. 2. TOILETING: Mr. M. requires one staff member to <u>provide weight bearing assist</u> to transfer her on/off the toilet and managing her clothes. <u>She can only wipe herself</u> after being provided the toilet paper. 3. BED MOBILITY: Mr. S cannot turn or reposition himself in bed assistance. <u>The aide must pull him up and reposition his legs and upper body.</u> He can only reposition his pillow for comfort. 		

Hospital EARC: ADL Coding Reminders

TOTAL DEPENDENCE		
<p>Definition: Full performance of the activity by another</p>	<p>ALL ACTION BY OTHERS</p> <ul style="list-style-type: none">• Person not participating in ADL activity to any degree.• Do not code as “Activity did not occur” when ADL is being completed in full by others.	 <ul style="list-style-type: none">• Activity completed by another.
<p>Examples:</p> <ol style="list-style-type: none">1. BED MOBILITY: Mr. K. <u>cannot turn himself</u> in bed; <u>requiring three staff members to turn and reposition him.</u>2. TRANSFER: Mrs. Q. <u>cannot transfer out of bed.</u> <u>Staff must use a Hoyer lift to safely transfer him to the chair.</u>3. EATING: Mr. Z. <u>cannot feed himself;</u> <u>staff must feed him</u> for every meal.4. BATHING: Mrs. A. <u>receives a total bed bath.</u> <u>She is unable to participate.</u>		

Hospital EARC: ADL Coding Reminders

ACTIVITY DID NOT OCCUR		
<p>Definition: The activity was not performed by the individual or others (regardless of ability)</p>	<p align="center">NOT PERFORMED</p> <ul style="list-style-type: none"> ADL not performed in 3 days; bathing not performed in 7 days 	 <ul style="list-style-type: none"> The ADL activity was not performed by the individual or others (regardless of ability) during entire period
<p>Examples:</p> <ol style="list-style-type: none"> TRANSFER: Mr. S. has been on strict bed rest and <u>has not transferred from the bed in the last 3 days.</u> LOCOMOTION: For the last 3 days, Mr. W. has been refusing to get of bed; <u>he has not walked or used a wheelchair in 3 days.</u> BATHING: Mrs. R. has been <u>refusing to bathe in the shower or at her bedside for the last week.</u> 		