

Section G: ADL Coding

4 LATE LOSS ADLS

Bed Mobility: How the resident moves while in bed or alternate sleep furniture.

- To and from lying position
- Turning side to side
- Positioning body

Transfer: How the resident moves between surfaces including to and from:

- Bed
- Chair
- Wheelchair
- To and from a standing position
- *Excludes* to and from bath/toilet

Eating: How the resident eats and drinks, regardless of skill.

- Does *not* include eating/drinking during medication pass.
- *Includes* intake of nourishment by other means.
(e.g.: tube feeding, total parenteral nutrition, IV fluids administered for nutrition or hydration)

Toilet Use: How the resident uses the toilet room, commode, bedpan, or urinal. *Includes:*

- Transfers on and off the toilet
- Cleanses self, changes pad, manages ostomy or catheter
- Adjusts clothes
- Does *not* include emptying of bedpan, urinal, bedside commode, catheter bag or ostomy bag.

CNA Documentation Quick Tips

Self-Performance	Support Provided
What the resident actually did Does not include setup	How much help was provided by staff

Self-Performance		
Level	Description	Hint
Independent	No help or staff oversight at any time	NO TALK, NO TOUCH
Supervision	Oversight, encouragement of cueing	TALK, NO TOUCH
Limited assistance	Resident highly involved. Staff provided guided maneuvering of limbs or other NWB assistance. WHO is bearing weight?	TALK AND TOUCH
Extensive assistance	Resident involved. Staff provide weight bearing support or full staff performance part but not ALL of the time	TALK, TOUCH, MOVE
Total dependence	Full staff performance EVERY time. NO participation by resident for any part of activity.	ALL ACTION BY STAFF
Activity did not occur	Did not occur at any time.	

Support Provided	Examples of Set-Up	
No help or set-up from staff	Bed Mobility	Raising the assist bar or handing the trapeze bar.
Set-up only; NO hands-on assistance	Transfer	Giving the resident walker, setting out transfer board, retrieving wheelchair.
One-person physical assist	Eating	Preparing coffee or cutting up food
Two-person physical assist	Toilet use	Handing the urinal or setting out supplies for ostomy care
Activity did not occur		

ADL Coding Examples		
ADL	Description	Document
Bed Mobility	S is able to rise up from a lying position, using his side rail but a staff member must swing his feet off the mattress to touch the floor to sit up on the side of the bed.	Extensive Assist & One-person physical assist
Transfer	E requires a mechanical lift utilizing two staff members.	Total & Two-person physical assist
Toilet Use	J requires one staff to physically transfer him on & off the toilet. He is able to pull pants up and down & cleanse himself after toileting.	Extensive Assist & One-person physical assist
Eating	K receives all of his nourishment via a gastrostomy tube. He did not consume any food or fluid by mouth.	Total Assist & One-person physical