

## **Overview of the Melville-Nelson SCA.**

As with the MDS 2.0 (federally mandated in all nursing facilities), seven self-care occupations (bed mobility, transfers, dressing, eating, toileting, personal hygiene, bathing) are rated in two ways: self-performance (how much the person did) and support (the degree of assistance needed from others) (Nelson & Melville, 2001). For self-performance, each self-care occupation is analyzed in terms of three to nine suboccupations. For example, the occupation personal hygiene consists of hair combing and brushing, toothbrushing, denture care, hands washing, face washing, shaving, and applying makeup. Each suboccupation is further analyzed in terms of four sub-suboccupations. For example, hair combing and brushing performance is rated separately for front, right, left, and back of the head. The rater observes the participant while engaged in self-care and judges whether he or she is able to perform each part of the task independently. If the participant is not independent in a sub-suboccupation, a checkmark is made on the scoring form (see link to scoring form), and a score of 1 is tallied for that self-care occupation. For example, if a participant can perform all aspects of personal hygiene expect for one (combing and brushing the back of the head), he or she receives a score of 1 in personal hygiene (the number 1 is written into the box for self-performance). The possible range of scoring for self-performance varies across the seven self-care occupations (from 0-9 for transfers, from 0-36 for dressing). The total score across all seven self-care occupations ranges from 0 to 140, with relatively large numbers indicating dysfunction. The total score for self-performance is recorded in the box at the bottom of the form. If a suboccupation or a sub-suboccupation is not relevant to a participant, it is not scored (e.g., colostomy care). In this way, participants were not penalized for failure in irrelevant items.

The support score is drawn directly from the MDS 2.0 with one addition. Each of the seven self-care occupations is rated as 0 (no setup or physical help), 1 (setup or standby assistance needed without other assistance), 2a (only contact guard required), 2b (one-person physical help required), or 3 (two-person physical help required). The difference between the SCA support score and the MDS rating system is the addition of the contact guard category. A 2a or 2b score can be used by the MDS coordinator as a 2, but for statistical purposes in the current study, a 2b is converted into a 3, and a 3 is converted into a 4. The support score for each of the seven self-care areas is recorded in the respective box on the scoring form.

# Detailed Scoring of Self-Care

## Occupations of Daily Living (ODL) Self Performance

**Self-Performance Categories**—Measure what the resident actually did.

Independent—Resident did not need physical help or supervision.

Needs Assistance—Verbal cueing, oversight, encouragement, or hands on physical assistance.

Total Dependence—Resident is totally dependent for all subtasks in one category.

### Scoring

Independent—Performance = 0

Resident is able to complete all subtasks independently.

Needs Assistance—Place a check in each subtask requiring either physical or verbal assistance. Count the total number of checks and write the score in the Self Performance box for that category.

Cross out the irrelevant items.

## ODL Support Provided

**ODL Support**—The maximum amount of support provided to the resident by staff for each ODL category.

0 = No set up or physical help from staff.

1 = Set up help only—Resident is provided with materials or devices necessary to perform the occupations of daily living independently.

2 = One personal physical assist

a) Contact guard assist—Steadying to help a person maintain balance while reaching for an object or performing a task.

*Example:* Steadying a resident while they pull their pants up.

b) More than contact guard assist, active heavy lifting of the resident or a resident's limb. Actual lifting of an object such as putting the shirt over the resident's left arm.

3 = Two + persons physical assist

8 = Activity did not occur.

# BED MOBILITY

## Description of Subcomponents

**Roll right**— Horizontally adduct left shoulder while reaching to the left, rotate left hip/pelvis to the left, flex left knee and internally rotate left leg, maintain a sidelying position.

**Roll left**— Horizontally adduct right shoulder while reaching to the right, rotate right hip/pelvis to the right, flex right knee and internally rotate right leg, maintain a sidelying position.

**Supine-sit**— Move right leg off of bed, move left leg off of bed, sit up, scoot forward to a safe position on the edge of bed with feet on the floor.

**Sit-supine**— Lift right leg onto bed, lift left leg onto bed, lie down, reposition to front of bed.

## EXAMPLES OF SCORING

**INDEPENDENT** Resident independently rolls side to side in the bed, goes from supine to sitting on edge of bed, and then goes from sitting to supine. The resident may or may not use the bedrails or trapeze.

<u>Bed Mobility</u>	<u>Self Performance</u> <u>Assists Needed</u> 0		<u>Support Needed</u> 0	
<b>Roll right</b>	L shoulder	L hip	L leg	Position
<b>Roll left</b>	R shoulder	R hip	R leg	Position
<b>Supine-sit</b>	R leg	L leg	Sit up	Position
<b>Sit-supine</b>	R leg	L leg	Lie down	Position

**SET UP ASSIST** The therapist adjusts the bedrails or trapeze. The therapist leaves the room, and the resident then completes bed mobility independently.

<u>Bed Mobility</u>	<b>Self Performance</b> Assists Needed <u>0</u>		<b>Support Needed</b> <u>1</u>	
<b>Roll right</b>	L shoulder	L hip	L leg	Position
<b>Roll left</b>	R shoulder	R hip	R leg	Position
<b>Supine-sit</b>	R leg	L leg	Sit up	Position
<b>Sit-supine</b>	R leg	L leg	Lie down	Position

### SUPERVISION

The therapist asks the resident to sit up. “Take your legs off the bed. Push up with both arms. Sit up. Okay, scoot forward so your feet are touching the ground.” The therapist sits next to the resident on the edge of the bed as the resident’s sitting balance is poor. The therapist then asks the resident to lie back down. “Scoot back on the bed to lie down. Okay, bring your legs up.” The resident repositions self up to the head of the bed without cueing. Rolling to the left was not tested as it was contraindicated for this resident who had a left total hip replacement. The resident was independent with rolling to the right.

<u>Bed Mobility</u>	<b>Self Performance</b> Assists Needed <u>7</u>		<b>Support Needed</b> <u>1</u>	
<b>Roll right</b>	L shoulder	L hip	L leg	Position
<b>Roll left</b>	R shoulder	R hip	R leg	Position
<b>Supine-sit</b>	R leg <input checked="" type="checkbox"/>	L leg <input checked="" type="checkbox"/>	Sit up <input checked="" type="checkbox"/>	Position <input checked="" type="checkbox"/>
<b>Sit-supine</b>	R leg <input checked="" type="checkbox"/>	L leg <input checked="" type="checkbox"/>	Lie down <input checked="" type="checkbox"/>	Position

### ONE PERSON

#### PHYSICAL ASSIST

The resident rolls independently side to side. The therapist asks the resident to go supine to sitting in the bed. “Okay, reach for the rail with your left arm.” The therapist then physically assists the resident with pushing his trunk up to a sitting position, while the resident moves his legs off the bed. The therapist then helps the resident to scoot forward on the bed. The therapist then asks the resident to lie back down. The resident leans onto his right arm as the therapist lifts his right leg back onto the bed. The resident then scoots up in the bed.

<u>Bed Mobility</u>	<b>Self Performance</b> Assists Needed <u>3</u>		<b>Support Needed</b> <u>2b</u>	
<b>Roll right</b>	L shoulder	L hip	L leg	Position
<b>Roll left</b>	R shoulder	R hip	R leg	Position
<b>Supine-sit</b>	R leg	L leg	Sit up <input checked="" type="checkbox"/>	Position <input checked="" type="checkbox"/>
<b>Sit-supine</b>	R leg <input checked="" type="checkbox"/>	L leg	Lie down	Position

**TWO PERSON**

**PHYSICAL ASSIST** Refer to the above example. In order to reposition the resident to the head of the bed, two therapists must pull the resident by the chuck up in bed.

<b><u>Bed Mobility</u></b>	<b>Self Performance</b>		<b>Support Needed</b> <u>  3  </u>	
	<b>Assists Needed</b> <u>  4  </u>			
<b>Roll right</b>	L shoulder	L hip	L leg	Position
<b>Roll left</b>	R shoulder	R hip	R leg	Position
<b>Supine-sit</b>	R leg	L leg	Sit up <input checked="" type="checkbox"/>	Position <input checked="" type="checkbox"/>
<b>Sit-supine</b>	R leg <input checked="" type="checkbox"/>	L leg	Lie down	Position <input checked="" type="checkbox"/>

## TRANSFERS

### **Description of Subcomponents**

- Bed-w/c**— Scoot forward and move legs to proper position, lift buttocks off chair, move half way towards wheelchair, finish moving and scoot back in chair to safe position.
- Chair-w/c**— Scoot forward and move legs to proper position, lift buttocks off chair, move half way towards wheelchair, finish moving and scoot back in chair to safe position.
- Sit-stand**— Lift buttocks off chair, stand up straight, controlled return down, scoot back in chair to proper position.

## EXAMPLES OF SCORING

**INDEPENDENT** Resident independently goes from a sitting to standing position, transfers from bed to wheelchair, and from chair to wheelchair. The resident may use a walker, cane, sliding board, or another type of equipment.

<u>Transfers</u>	Self Performance Assists Needed <u>0</u>		Support Needed <u>0</u>	
<b>Bed-w/c</b>	Position	Lift	½ way	Position
<b>Chair-w/c</b>	Position	Lift	½ way	Position
<b>Sit-stand</b>	Lift	Straight	Place	Position

**SET UP ASSIST**

The therapist places the walker in front of the resident, places the wheelchair next to the bed or chair, locks the wheelchair brakes, and removes the wheelchair leg rests. The therapist then leaves the room, and the resident completes the transfers independently.

<u>Transfers</u>	Self Performance Assists Needed <u>0</u>		Support Needed <u>1</u>	
<b>Bed-w/c</b>	Position	Lift	½ way	Position
<b>Chair-w/c</b>	Position	Lift	½ way	Position
<b>Sit-stand</b>	Lift	Straight	Place	Position

**SUPERVISION**

While sitting on the bed, the resident is able to go to and from a standing position safely without the therapist in the room. When going from the bed to the wheelchair, the therapist states, “Scoot to the edge, so your feet are on the floor.” The resident then scoots forward, stands up, and grabs the walker. While doing a stand pivot ½ way from the bed to the chair, the therapist puts her hands around the resident but does not touch the resident to monitor the resident’s balance. When safely positioned in front of the wheelchair, the therapist states, “Now, reach back for the wheelchair.” The resident reaches back for the chair, safely lowers down to a sitting position, and scoots back in the wheelchair. The resident performs a wheelchair to chair transfer in the same manner.

<u>Transfers</u>	Self Performance Assists Needed <u>6</u>		Support Needed <u>1</u>	
<b>Bed-w/c</b>	Position <input checked="" type="checkbox"/>	Lift	½ way <input checked="" type="checkbox"/>	Position <input checked="" type="checkbox"/>
<b>Chair-w/c</b>	Position <input checked="" type="checkbox"/>	Lift	½ way <input checked="" type="checkbox"/>	Position <input checked="" type="checkbox"/>
<b>Sit-stand</b>	Lift	Straight	Place	Position

**ONE PERSON**

**PHYSICAL ASSIST**

For sit to stand, the therapist asks the resident to scoot forward on the bed, lean forward, and stand up. The therapist places her hands on the resident’s pelvis, leans the resident forward, and lifts the resident up to a standing position. After standing for a short period, the therapist lowers the patient down to a sitting position and then asks the resident to scoot further back on the bed. For a sit pivot transfer from bed to wheelchair, the therapist moves the resident’s feet to the proper position and asks the resident to lean forward with hands clasped in front. With hands around the resident’s pelvis, the therapist leans the resident forward to lift the resident’s bottom off the bed. The resident then scoots further on and back into the wheelchair with the therapist closely supervising. The resident performs the wheelchair to chair transfer in a similar manner.

<u>Transfers</u>	Self Performance		Support Needed __ 2b __					
	Assists Needed 12							
<b>Bed-w/c</b>	Position	√	Lift	√	½ way	√	Position	√
<b>Chair-w/c</b>	Position	√	Lift	√	½ way	√	Position	√
<b>Sit-stand</b>	Lift	√	Straight	√	Place	√	Position	√

**TWO PERSON**

**PHYSICAL ASSIST**

Refer to the above example. When transferring the resident from the wheelchair to a chair with arms, the therapist is unable to lift the resident over the arm of the chair by herself. Two therapists are needed for this transfer. One therapist is able to transfer the resident to and from the bed to wheelchair.

<u>Transfers</u>	Self Performance		Support Needed __ 3 __					
	Assists Needed 12							
<b>Bed-w/c</b>	Position	√	Lift	√	½ way	√	Position	√
<b>Chair-w/c</b>	Position	√	Lift	√	½ way	√	Position	√
<b>Sit-stand</b>	Lift	√	Straight	√	Place	√	Position	√

# DRESSING

## Description of Subcomponents

- T-shirt**— A t-shirt or sweatshirt which is pulled over the resident's head.  
Thread right upper extremity in sleeve, thread left upper extremity, pull over head, pull shirt down in back or over stomach.
- Shirt**— A shirt with buttons.  
Thread right upper extremity in sleeve, thread left upper extremity, pull shirt around back, fasten buttons.
- Coat**— A zip up jacket, sweat jacket, button up sweater, duster, housecoat.  
Thread right upper extremity in sleeve, thread left upper extremity, pull shirt around back, fasten buttons or snaps or zipper.
- Bra**— Thread right upper extremity, thread left upper extremity, fasten either in the back or in the front, adjust by repositioning or pulling bra down in place or by placing breast in cup.
- Socks**— Ankle socks, tube socks, dress socks, knee high hose, ted hose, support hose.  
Pull over toes up to heel, adjust by repositioning heel of sock to proper position or pulling up over ankle or calf.
- Pants**— Sweat pants, pull on pants, dress slacks, jeans.  
Thread right lower extremity into pants hole and pull up past knee, thread left lower extremity, pull pants over thighs and hips up to waist, finish adjusting to proper position or zipping or tying draw string or buttoning or adjusting belt.
- Underwear**— Boxer shorts, briefs, bikini underwear, long johns, does not include incontinence briefs.  
Thread right lower extremity into underwear leg hole, thread left lower extremity, pull pants over buttocks, pull up in front over stomach.
- Orthosis**— Sling, shoulder immobilizer, hand splint, back brace, cervical collar, knee immobilizer, AFO, ankle air splint, LE brace.  
Retrieve from bed or bedside table or nearby chair, place on proper body part, adjust to proper position, fasten straps.

## EXAMPLES OF SCORING

- INDEPENDENT** The resident ambulates or propels self in wheelchair to the closet and dresser to independently retrieve clothes. The resident then dresses self in normal street clothes with or without assistive equipment.



<u>Dressing</u>	<b>Self Performance</b> Assists Needed <u>0</u>		<b>Support Needed</b> <u>0</u>	
<b>T-shirt</b>	RUE	LUE	Head	Pull down
<b>Shirt</b>	RUE	LUE	Back	Fasten
<b>Coat</b>	RUE	LUE	Back	Fasten
<b>Bra</b>	RUE	LUE	Fasten	Adjust
<b>Socks</b>	R heel	R adjust	L heel	L adjust
<b>Shoes</b>	R toe	R finish	L toe	L finish
<b>Pants</b>	RLE	LLE	Hips	Finish
<b>Underwear</b>	RLE	LLE	Front	Back
<b>Orthosis</b>	Retrieve	Place	Adjust	Fasten

### SET UP ASSIST

The therapist walks with the resident to retrieve a sweatshirt from a bedside table. The therapist may provide supervision or physical assist with the ambulation. The therapist then retrieves pants from a closet and shoes from a dresser and places the items on the bed beside the resident. The therapist leaves the room, and the resident independently dresses himself. The male resident doesn't wear an orthosis.

<u>Dressing</u>	<b>Self Performance</b> Assists Needed <u>0</u>		<b>Support Needed</b> <u>1</u>	
<b>T-shirt</b>	RUE	LUE	Head	Pull down
<b>Shirt</b>	RUE	LUE	Back	Fasten
<b>Coat</b>	RUE	LUE	Back	Fasten
<b>Bra</b>	RUE	LUE	Fasten	Adjust
<b>Socks</b>	R heel	R adjust	L heel	L adjust
<b>Shoes</b>	R toe	R finish	L toe	L finish
<b>Pants</b>	RLE	LLE	Hips	Finish
<b>Underwear</b>	RLE	LLE	Front	Back
<b>Orthosis</b>	Retrieve	Place	Adjust	Fasten

### SUPERVISION

Without the therapist in the room, the resident dons both socks with a sock aide and puts on a sweatshirt. The female resident reports that she hasn't worn a bra for several years and usually wears pull-over shirts at home. The resident wears a brief rather than underwear for incontinence. The therapist then enters the room and demonstrates how to use a reacher to don the right pants leg. The resident then uses the reacher to don the right pants leg in a similar manner. The resident proceeds on to thread the left leg with the reacher without further instruction from the therapist. The resident then dons her shoe, using a long shoe horn to help get her heel in the shoe. The resident doesn't have to tie the shoes as she has elastic shoe laces. The resident then stands up in order to pull her pants up over her hips. The therapist stands close by with one arm behind but not touching the resident to monitor balance. The therapist also states,

“Straighten your pants so that the seam is in the middle.” The resident then retrieves a splint from a bedside table and attempts to place the splint on her arm. The therapist gives verbal directions on how to properly position the splint. The resident then attaches the Velcro straps and adjusts the splint without further cueing from the therapist.

<u>Dressing</u>	<b>Self Performance Assists Needed</b> 4		<b>Support Needed</b> __1__	
<b>T-shirt</b>	RUE	LUE	Head	Pull down
<b>Shirt</b>	RUE	LUE	Back	Fasten
<b>Coat</b>	RUE	LUE	Back	Fasten
<b>Bra</b>	RUE	LUE	Fasten	Adjust
<b>Socks</b>	R heel	R adjust	L heel	L adjust
<b>Shoes</b>	R toe	R finish	L toe	L finish
<b>Pants</b>	RLE ✓	LLE	Hips ✓	Finish ✓
<b>Underwear</b>	RLE	LLE	Front	Back
<b>Orthosis</b>	Retrieve	Place	Adjust ✓	Fasten

**ONE PERSON**

**PHYSICAL ASSIST**

The resident dons a t-shirt and buttons up shirt independently. The therapist enters the room to put on the resident’s ted hose. The resident threads the left pants leg independently. The therapist asks the resident to use the reacher to thread the right as the therapist helps pull the pants leg up over the foot. The resident dons his boxer shorts in a similar manner with the therapist helping to pull the shorts over the right leg. The resident then puts the left foot in the shoe independently. The therapist puts the resident’s right foot in the shoe and fastens the Velcro straps on both shoes. The therapist then asks the resident to stand up to pull the pants up. Once the resident is standing, the therapist steadies the resident and states, “Get your balance. Okay, pull your pants up.” The resident pulls the pants up, while the therapist provides CGA.

<u>Dressing</u>	<b>Self Performance Assists Needed</b> 13		<b>Support Needed</b> __2b__	
<b>T-shirt</b>	RUE	LUE	Head	Pull down
<b>Shirt</b>	RUE	LUE	Back	Fasten
<b>Coat</b>	RUE	LUE	Back	Fasten
<b>Bra</b>	RUE	LUE	Fasten	Adjust
<b>Socks ted hose</b>	R heel ✓	R adjust ✓	L heel ✓	L adjust ✓
<b>Shoes</b>	R toe ✓	R finish ✓	L toe	L finish ✓
<b>Pants</b>	RLE ✓	LLE	Hips ✓	Finish ✓
<b>Underwear</b>	RLE ✓	LLE	Front ✓	Back ✓
<b>Orthosis</b>	Retrieve	Place	Adjust	Fasten

**DEPENDENT**

The resident spends most of the day in bed and has low endurance. The resident does not have any street clothes. The nursing staff puts a clean hospital gown, hospital pants, and socks on the resident daily. The resident is unable to communicate to staff what type of clothing he wore prior to admission. The chart review did not reveal that the resident wore splints or orthosis.

<b><u>Dressing</u></b>	<b>Self Performance</b>		<b>Support Needed</b> __ 2b __					
	<b>Assists Needed</b> 28							
<b>T-shirt</b>	RUE	√	LUE	√	Head	√	Pull down	√
<b>Shirt</b>	RUE	√	LUE	√	Back	√	Fasten	√
<b>Coat</b>	RUE	√	LUE	√	Back	√	Fasten	√
<b>Bra</b>	RUE		LUE		Fasten		Adjust	
<b>Socks</b>	R heel	√	R adjust	√	L heel	√	L adjust	√
<b>Shoes</b>	R toe	√	R finish	√	L toe	√	L finish	√
<b>Pants</b>	RLE	√	LLE	√	Hips	√	Finish	√
<b>Underwear</b>	RLE	√	LLE	√	Front	√	Back	√
<b>Orthosis</b>	Retrieve		Place		Adjust		Fasten	

**EATING**

**Description of Subcomponents**

**Finger food**— Grasp the food in the hand, bring the food to the mouth, open the mouth, insert and bit off a small piece.

**Utensil**— Grasp the utensil, scoop up a small portion of food with the utensil, bring the utensil with food to the mouth, insert and remove the food from the utensil.

**Drink**— Grasp the cup, bring the cup with fluid to the mouth, tip the cup to take a sip of fluid, safely set the cup back down on the table.

If the resident is not allowed to take nourishment by mouth, cross out each item as being irrelevant.

## EXAMPLES OF SCORING

**INDEPENDENT** After the resident's tray is placed in front of her on a table or beside table, the resident feeds self and drinks independently.

<u>Eating</u>	Self Performance Assists Needed <u>  0  </u>		Support Needed <u>  0  </u>	
<b>Finger food</b>	Grasp _____	To mouth _____	Open mouth _____	In mouth _____
<b>Utensil</b>	Grasp _____	Scoop _____	To mouth _____	In mouth _____
<b>Drink</b>	Grasp _____	To mouth _____	Sip _____	Set down _____

**SET UP ASSIST** The staff sets up the tray in front of the resident, opens the milk and juice, butters the bread and cuts up the meat. The staff then leaves, and the resident eats and drinks independently.

<u>Eating</u>	Self Performance Assists Needed <u>  0  </u>		Support Needed <u>  1  </u>	
<b>Finger food</b>	Grasp _____	To mouth _____	Open mouth _____	In mouth _____
<b>Utensil</b>	Grasp _____	Scoop _____	To mouth _____	In mouth _____
<b>Drink</b>	Grasp _____	To mouth _____	Sip _____	Set down _____

**SUPERVISION** The staff sets up the resident's tray with the resident seated in a dining group. The staff encourages the resident to try some of the milk. The resident takes a few sips. The staff then encourages the resident to try the mashed potatoes. The resident picks up the spoon and scoops up a large heaping spoonful. The therapist asks the resident to take a smaller amount. The resident takes a smaller amount and eats a few bites. The resident needs constant encouragement to keep eating during the meal hour.

<u>Eating</u>	Self Performance Assists Needed 4		Support Needed __ 1 __	
<b>Finger food</b>	Grasp <input checked="" type="checkbox"/>	To mouth	Open mouth	In mouth
<b>Utensil</b>	Grasp <input checked="" type="checkbox"/>	Scoop <input checked="" type="checkbox"/>	To mouth	In mouth
<b>Drink</b>	Grasp <input checked="" type="checkbox"/>	To mouth	Sip	Set down

### ONE PERSON

#### PHYSICAL ASSIST

The resident grasps a cup half filled with juice and attempts to drink. The staff member tips the cup to help the resident get a drink. Once a graham cracker is placed in the resident's hand, the resident will eat the cracker. The staff member scoops up a spoonful of applesauce and puts the spoon in the resident's mouth. The resident then eats and swallows the applesauce.

<u>Eating</u>	Self Performance Assists Needed 6		Support Needed __ 2b __	
<b>Finger food</b>	Grasp <input checked="" type="checkbox"/>	To mouth	Open mouth	In mouth
<b>Utensil</b>	Grasp <input checked="" type="checkbox"/>	Scoop <input checked="" type="checkbox"/>	To mouth <input checked="" type="checkbox"/>	In mouth <input checked="" type="checkbox"/>
<b>Drink</b>	Grasp	To mouth	Sip <input checked="" type="checkbox"/>	Set down

#### DEPENDENT

The resident feeds himself a few bites of meat and takes a few bites of bread. The resident fatigues easily and the staff feeds the resident for over 75% of the meal. The staff also holds the cup while offering drinks to the resident.

<u>Eating</u>	Self Performance Assists Needed 12		Support Needed __ 2b __	
<b>Finger food</b>	Grasp <input checked="" type="checkbox"/>	To mouth <input checked="" type="checkbox"/>	Open mouth <input checked="" type="checkbox"/>	In mouth <input checked="" type="checkbox"/>
<b>Utensil</b>	Grasp <input checked="" type="checkbox"/>	Scoop <input checked="" type="checkbox"/>	To mouth <input checked="" type="checkbox"/>	In mouth <input checked="" type="checkbox"/>
<b>Drink</b>	Grasp <input checked="" type="checkbox"/>	To mouth <input checked="" type="checkbox"/>	Sip <input checked="" type="checkbox"/>	Set down <input checked="" type="checkbox"/>

# TOILETING

## Description of Subcomponents

- Clothes**— Pull pants down, pull pants up to knees, pull pants over hips, adjust to proper position or fasten.
- Cleanse**— Grasp toilet paper off of roll, clean back or front peri area, dispose of toilet paper in toilet or trash, flush toilet or empty bedside commode or urinal.
- Pad/Brief**— Brief with tape straps, depends, brief with button straps, sanitary napkin. Remove soiled brief, dispose of soiled brief in trash, position new brief in proper place, adjust straps or tape strings or pull strips off sanitary napkin.
- Colostomy/Catheter**— Remove old colostomy bag or clip on colostomy bag or hose on catheter, empty contents of catheter or colostomy into toilet, cleanse tip of catheter or colostomy bag, replace clip or return catheter tube to proper position.
- Transfer**— Scoot forward or move legs to proper starting position, lift pelvis off commode or wheelchair, move ½ way between surfaces, finish moving back on chair/commode to proper position.

## EXAMPLES OF SCORING

**INDEPENDENT** Resident independently ambulates or propels self to bathroom. Resident transfers to commode, adjusts clothing before and after, cleanses, and manages catheter or colostomy independently. The resident may have elevates toilet seat, rails, or use assistive equipment.

<u>Toilet Use</u>	<b>Self Performance</b>		<b>Support Needed</b> ___ 0 ___	
	<b>Assists Needed</b> 0			
<b>Clothes</b>	Pants down	Up knees	Up hips	Fasten
<b>Cleanse</b>	Grasp tp	Clean	Dispose tp	Flush
<b>Pad/Brief</b>	Remove	Dispose	Position	Strips
<b>Colostomy/Cath</b>	Remove	Empty	Cleanse	Replace
<b>Transfer</b>	Position	Lift	½ way	Position

**SET UP ASSIST**

Staff places the resident who is seated in a wheelchair in the bathroom with the wheelchair brakes locked and leg rests removed. A walker is also placed in front of the resident. The therapist leaves, and the resident completes toileting independently. The resident does not wear a brief or have a catheter.

<b><u>Toilet Use</u></b>	<b>Self Performance</b> <b>Assists Needed 0</b>		<b>Support Needed 1</b>	
<b>Clothes</b>	Pants down	Up knees	Up hips	Fasten
<b>Cleanse</b>	Grasp tp	Clean	Dispose tp	Flush
<b>Pad/Brief</b>	Remove	Dispose	Position	Strips
<b>Colostomy/Cath</b>	Remove	Empty	Cleanse	Replace
<b>Transfer</b>	Position	Lift	½ way	Position

**SUPERVISION**

The therapist positions the resident in her wheelchair at the bathroom door. The resident scoots forward in the chair and stands up. As the resident walks forward and makes a stand pivot turn towards the toilet, the therapist is standing close by. The therapist continues to stand with the resident who pulls down her pants. The therapist leaves and asks the resident to pull the call light cord when she is done. The resident urinates, grasps a piece of toilet paper, cleanses, removes a soiled sanitary napkin, and pulls the call light. The therapist returns with a clean napkin which the resident places in her underpants. The therapist stands close by as the resident pulls her pants up, zips and buttons pants, and bends down to flush the toilet. The resident makes a half turn toward the wheelchair with the therapist close by, and then sits down.

<b><u>Toilet Use</u></b>	<b>Self Performance</b> <b>Assists Needed 6</b>		<b>Support Needed 1</b>	
<b>Clothes</b>	Pants down √	Up knees √	Up hips √	Fasten √
<b>Cleanse</b>	Grasp tp	Clean	Dispose tp	Flush √
<b>Pad/Brief</b>	Remove	Dispose	Position	Strips
<b>Colostomy/Cath</b>	Remove	Empty	Cleanse	Replace
<b>Transfer</b>	Position	Lift	½ way √	Position

**ONE PERSON  
PHYSICAL ASSIST**

The therapist positions the resident in her wheelchair at the bathroom door. The therapist states to the resident, "Push up from the chair," as the resident positions herself to stand up. The therapist provides minimal assist as the resident lifts up and pivots toward the commode. Once the resident is safely positioned in front of the commode, the therapist holds onto the resident's gait belt while stating, "Reach back for the rails." The therapist then pulls the resident's pants down and steadies the resident as she lowers to a safe sitting position. The therapist remains in the bathroom until the resident finishes defecating. The resident verbalizes she is done and begins to stand up while pushing up on the rails. The therapist provides minimal assist to lift the patient to a standing position. The therapist cleanses the resident's back peri area, flushes the toilet, and pulls the resident's pants up. With CGA, the resident returns to the wheelchair. The resident has a catheter which the nurse empties twice a shift.

<u>Toilet Use</u>	Self Performance		Support Needed __2a__	
	Assists Needed 6			
<b>Clothes</b>	Pants down <input checked="" type="checkbox"/>	Up knees <input checked="" type="checkbox"/>	Up hips <input checked="" type="checkbox"/>	Fasten <input checked="" type="checkbox"/>
<b>Cleanse</b>	Grasp tp <input checked="" type="checkbox"/>	Clean <input checked="" type="checkbox"/>	Dispose tp <input checked="" type="checkbox"/>	Flush <input checked="" type="checkbox"/>
<b>Pad/Brief</b>	Remove	Dispose	Position	Strips
<b>Colostomy/Cath</b>	Remove <input checked="" type="checkbox"/>	Empty <input checked="" type="checkbox"/>	Cleanse <input checked="" type="checkbox"/>	Replace <input checked="" type="checkbox"/>
<b>Transfer</b>	Position <input checked="" type="checkbox"/>	Lift <input checked="" type="checkbox"/>	½ way <input checked="" type="checkbox"/>	Position <input checked="" type="checkbox"/>

**ONE PERSON  
PHYSICAL ASSIST**

The therapist positions the resident in her wheelchair at the bathroom door. The resident stands up and reaches for her walker. The therapist steadies the resident as she pivots to the toilet and pulls her clothes down. The therapist lets go of the resident as she grasps the toilet rails and sits down. After urinating and cleansing, the therapist returns to find the resident standing and losing her balance while attempting to pull up her clothes. The therapist steadies the resident as she finishes managing her clothes, flushes the toilet, and pivots back to her wheelchair. Once the resident is positioned in front of her wheelchair and is grasping the armrests, the therapist lets go of the resident.

<u>Toilet Use</u>	Self Performance		Support Needed __2a__	
	Assists Needed 6			
<b>Clothes</b>	Pants down <input checked="" type="checkbox"/>	Up knees <input checked="" type="checkbox"/>	Up hips <input checked="" type="checkbox"/>	Fasten <input checked="" type="checkbox"/>
<b>Cleanse</b>	Grasp tp	Clean	Dispose tp	Flush <input checked="" type="checkbox"/>
<b>Pad/Brief</b>	Remove	Dispose	Position	Strips
<b>Colostomy/Cath</b>	Remove	Empty	Cleanse	Replace
<b>Transfer</b>	Position	Lift	½ way <input checked="" type="checkbox"/>	Position



# PERSONAL HYGIENE

## Description of Subcomponents

- Hair**— Comb, brush, or pick out the front, right side of hair, left side of hair, back of hair.
- Teeth**— Put toothpaste on brush, brush teeth, rinse mouth out with water, clean toothbrush.
- Dentures**— Remove dentures or partial plates from mouth, prepare cup of water with cleaning solution to soak dentures, clean or brush or rinse off dentures, place dentures back in mouth.
- Wash hands**— Wash, rinse and dry right palm, left palm, right dorsum, left dorsum.
- Wash face**— Wash, rinse and dry right cheek, left cheek, forehead, mouth and chin area.
- Shave**— Use electric razor or straight edge to shave right cheek and neck area, left cheek, chin and above lip.
- Make up**— Put lip gloss or lip stick or lip liner or lip balm on lips, place rouge or powder or liquid makeup on right cheek, on left cheek, place makeup or powder or perfume or cologne on neck.

## EXAMPLES OF SCORING

**INDEPENDENT** Resident propels wheelchair or ambulates to bathroom to wash face, wash hands, shave, brush teeth, and put on make up. The resident may sit or stand and use assistive equipment.

<u>Personal Hygiene</u>	<b>Self Performance</b>		<b>Support Needed</b> <u>  0  </u>	
	<b>Assists Needed</b> <u>  0  </u>			
<b>Hair</b>	Front	Right	Left	Back
<b>Teeth</b>	Paste on	Brush	Rinse	Clean brush
<b>Dentures</b>	Remove	Prepare	Cleanse	Replace
<b>Wash hands</b>	R palm	L palm	R dorsum	L dorsum
<b>Wash face</b>	R cheek	L cheek	Forehead	Mouth
<b>Shave</b>	Right	Left	Chin	Above lip
<b>Make up</b>	Lips	R cheek	L cheek	Neck

**SET UP ASSIST** The therapist sets out needed grooming supplies on bedside table for resident. When resident is done, the therapist puts up the supplies, including emptying the emesis basin. The therapist may walk with the resident to the bathroom, providing supervision or physical assist for ambulation. Once the resident is positioned by the sink, the therapist leaves and lets the resident complete grooming independently.

<b><u>Personal Hygiene</u></b>	<b>Self Performance Assists Needed 0</b>		<b>Support Needed __ 1 __</b>	
<b>Hair</b>	Front	Right	Left	Back
<b>Teeth</b>	Paste on	Brush	Rinse	Clean brush
<b>Dentures</b>	Remove	Prepare	Cleanse	Replace
<b>Wash hands</b>	R palm	L palm	R dorsum	L dorsum
<b>Wash face</b>	R cheek	L cheek	Forehead	Mouth
<b>Shave</b>	Right	Left	Chin	Above lip
<b>Make up</b>	Lips	R cheek	L cheek	Neck

**SUPERVISION** The therapist positions the resident in front of the sink while seated in a wheelchair. The therapist asks the resident to begin by washing his face. Several minutes later, the resident continues to persevere on washing all aspects of his face. The therapist takes the washcloth and suggests to the resident that he shave next. The patient cannot find the electric razor on the counter. The therapist states, “Look to the left to find the razor.” The resident continues to persevere on shaving until the therapist unplugs the razor. The therapist retrieves the toothpaste and places it under the resident’s left hand. “Take the lid off so you can brush your teeth.” The resident removes the lid, puts paste on the brush, and brushes his teeth. The resident then reaches for the comb and begins combing his hair. The therapist cues the resident to remember to comb the back of his hair. The therapist then reminds the resident to wash his hands.

<b><u>Personal Hygiene</u></b>	<b>Self Performance Assists Needed 7</b>		<b>Support Needed __ 1 __</b>	
<b>Hair</b>	Front	Right	Left	Back ✓
<b>Teeth</b>	Paste on ✓	Brush	Rinse	Clean brush
<b>Dentures</b>	Remove	Prepare	Cleanse	Replace
<b>Wash hands</b>	R palm ✓	L palm	R dorsum	L dorsum
<b>Wash face</b>	R cheek ✓	L cheek	Forehead	Mouth ✓
<b>Shave</b>	Right ✓	Left	Chin	Above lip ✓
<b>Make up</b>	Lips	R cheek	L cheek	Neck

## ONE PERSON

### PHYSICAL ASSIST

The resident presents with decreased bilateral shoulder range of motion. The resident combs the front of her hair by leaning forward and lowering her head. The therapist parts her hair and combs the rest. The resident washes her face by again leaning forward and lowering her head. The resident fills up a denture cup with water, inserts Efferdent, and then puts her dentures in to soak. Once cleaned, the resident puts her dentures back in. She also washes her hands in the sink. The resident then puts Vaseline on her lips, lotion on her face, and some perfume on her neck.

<u>Personal Hygiene</u>	<u>Self Performance</u>		<u>Support Needed</u> __2b__	
	<u>Assists Needed</u> 3			
<b>Hair</b>	Front	Right <input checked="" type="checkbox"/>	Left <input checked="" type="checkbox"/>	Back <input checked="" type="checkbox"/>
<b>Teeth</b>	Paste on	Brush	Rinse	Clean brush
<b>Dentures</b>	Remove	Prepare	Cleanse	Replace
<b>Wash hands</b>	R palm	L palm	R dorsum	L dorsum
<b>Wash face</b>	R cheek	L cheek	Forehead	Mouth
<b>Shave</b>	Right	Left	Chin	Above lip
<b>Make up</b>	Lips	R cheek	L cheek	Neck

## BATHING

### Description of Subcomponents

- Upper body**— Wash, rinse and dry front chest and abdomen, right upper extremity, left upper extremity, front peri area.
- Lower body**— Wash, rinse and dry both thighs, left calf and foot, right foot and calf, and back peri-area.
- Transfer**— Scoot forward to proper position, lift pelvis off chair, move ½ way between surfaces, finish moving and scooting back to safe position.
- Legs in**— Lift right leg in bathtub or in shower stall, lift right leg out of bathtub or over the lip and out of shower stall, lift left leg in, lift left leg out.

## EXAMPLES OF SCORING

**INDEPENDENT** The resident sponge bathes all body parts independently. The resident bathes all body parts independently while taking a bath or shower. The shower independently transfers in and out of a shower stall or bathtub. The resident may use a hand held shower, grab bars, shower benches, or long handled sponges.

<b><u>Bathing</u></b>	<b>Self Performance Assists Needed 0</b>		<b>Support Needed 0</b>	
<b>Upper body</b>	Front	RUE	LUE	Front peri
<b>Lower body</b>	Thighs	L calf/foot	R calf/foot	Back peri
<b>Transfer</b>	Position	Lift	½ way	Position
<b>Legs in</b>	R in	R out	L in	L out

**SET UP ASSIST** The staff member sets up towels and washcloths in the bathroom. The staff regulates the water temperature. The staff member leaves, and the resident enters the bathroom to complete a sponge bath independently. The resident states that they have not showered in the bathtub for the last two years and plan on sponge bathing when they return home.

<b><u>Bathing</u></b>	<b>Self Performance Assists Needed 0</b>		<b>Support Needed 1</b>	
<b>Upper body</b>	Front	RUE	LUE	Front peri
<b>Lower body</b>	Thighs	L calf/foot	R calf/foot	Back peri
<b>Transfer</b>	Position	Lift	½ way	Position
<b>Legs in</b>	R in	R out	L in	L out

**SUPERVISION** The staff member positions the resident’s wheelchair by the bathtub. The resident scoots forward in the wheelchair, stands up with the walker, and moves toward the bathtub. The resident steps in the tub while holding onto a grab bar and with the therapist close by for safety. Once in the tub, the resident sits on a shower chair. After bathing, the tub is slippery, and the resident asks for the therapist to stand nearby when they stand up from the tub seat. The therapist also stands close by while the resident steps out of the tub. Once on the dry surface, the resident is able to use the walker to independently return to the wheelchair.

<u>Bathing</u>	<b>Self Performance Assists Needed 5</b>		<b>Support Needed __1__</b>	
<b>Upper body</b>	Front	RUE	LUE	Front peri
<b>Lower body</b>	Thighs	L calf/foot	R calf/foot	Back peri
<b>Transfer</b>	Position	Lift √	½ way	Position
<b>Legs in</b>	R in √	R out √	L in √	L out √

**ONE PERSON**

**PHYSICAL ASSIST**

The resident needs two persons to transfer from bed to wheelchair and is unable to tolerate a shower in the bathtub at this time. While in bed, the resident will wash and dry his arms, stomach, chest, and thighs after a pan of water is set nearby on his bedside table. The staff bathes the remaining body parts for the resident.

<u>Bathing</u>	<b>Self Performance Assists Needed 12</b>		<b>Support Needed __3__</b>	
<b>Upper body</b>	Front	RUE	LUE	Front peri √
<b>Lower body</b>	Thighs	L calf/foot √	R calf/foot √	Back peri √
<b>Transfer</b>	Position √	Lift √	½ way √	Position √
<b>Legs in</b>	R in √	R out √	L in √	L out √

**ONE PERSON**

**PHYSICAL ASSIST**

The resident scoots forward in her wheelchair, stands up, and grasps the walker. The therapist steadies the resident as she pivots to the tub bench and lowers safely to a seated position on the edge of the tub seat. The resident then scoots back and lifts both legs into the tub independently. The therapist stands behind the shower curtain as the resident bathes. The resident then asks the therapist to hold onto the resident around the waist as she attempts to partially stand in order to bathe the back peri area. After bathing, the resident swings both legs out of the tub and scoots to the edge of the seat to dry off with towels handed to the resident by the therapist. The therapist then steadies the resident as she stands up and pivots back to the wheelchair since the floor may be slippery.

<u>Bathing</u>	<b>Self Performance Assists Needed 4</b>		<b>Support Needed __2a__</b>	
<b>Upper body</b>	Front	RUE	LUE	Front peri
<b>Lower body</b>	Thighs	L calf/foot	R calf/foot	Back peri √
<b>Transfer</b>	Position	Lift √	½ way √	Position √
<b>Legs in</b>	R in	R out	L in	L out