



ADL assistance

Helping residents with their ADLs is the largest part of a CNA's residency. It is important to be able to devote time to each resident and his or her particular needs. These tasks must not be pushed aside, as neglecting ADLs can create serious health problems in the future.

In addition, it is imperative to make residents feel as if they are able to care for themselves with as little assistance as possible, while ensuring each individual of his or her own safety, health, and privacy.

This issue will define and explain the importance of the four life-line ADLs. It will cover how CNAs can best assist residents with eating, including techniques and communication. It will also highlight elderly residents' nutritional and dietary needs.

One of the more intimate and difficult ADLs is bathing, which this issue will address by explaining general guidelines, care benefits, and the effect of bathing on residents' skin.

Have a good day of training, and stay tuned for next month's issue of CNA Training Advisor, which will cover infection control and bloodborne pathogens.

PROGRAM PREP

Program time

Approximately 30 minutes

Learning objectives

Participants in this activity will learn how to:

- 1. Identify the four life-line ADLs
- 2. Properly assist residents before, during, and after meals
- 3. Describe elderly residents' nutritional needs
- 4. Properly assist residents with washing and bathing

Preparation

- 1. Review the material on pp. 2-4
- 2. Duplicate the **CNA Professor** board for participants
- 3. Gather equipment for participants (e.g., an attendance sheet, pencils, etc.)

Method

1. Pass a copy of **CNA Professor** and a pencil at each participant's seat.
2. Conduct the questionnaire as a pretest or, if participants' reading skills are limited, as an oral pretest.
3. Present the program material.
4. Review the questionnaire.
5. Discuss the answers.

Resistant to bathing

Bathing is a highly personal matter. It is a good idea to determine individual preferences for each resident and to do your best to accommodate them. Some residents are resistant to bathing. Never force these residents to bathe, instead, report the resistance to your supervisor. Often, a simple change in staff members, bathing time, or day will make a resident more agreeable and cooperative.

Quiz answer key

1. D	2. B	3. B	4. A	5. D
6. C	7. A	8. C	9. D	10. A

Breaking the ADL Code

Use HCPro's comprehensive video, **Breaking the ADL Code: A New Approach to MDS-3.0** documentation, to train your entire nursing team on the MDS documentation requirements under the MDS-3.0. Familiar scenarios provide concrete examples of each level of coding, and walk CNA and RNs through the correct steps to code the four life-line ADLs. In addition, MDS coordinators will discover how to calculate the ADL count of each resident to come up with the final MDS codes.



For more information on the video, call 800-650-6782 or visit www.hcprohospitals.com/prod/87355.

Adl Assistance Hcpro

Pamela Craig, Patricia Pejakovich



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Nursing Assessment, Plan of Care, and Patient Education Pamela Craig, Patricia Pejakovich, 2006 *The Big Book of Care Plans* Debbie Ohl, 2006 *Caring*, 2006 **Nursing Homes**, 2005 *The 50 Essential JCAHO Survey Policies and Procedures* Diana L. Arendt, 2004 Home Health Aide On-The-Go In-Service Lessons: Vol. 10, Issue 5: Safety with Adls April Perry, 2011-01-19 Home Health Aide On the Go In service Vol 10 Issue 5 Safety With ADLs OVERVIEW Assisting in activities of daily living ADL is a fundamental role of the home health aide In caring for patients in their home it is imperative that patients be able to safely perform their ADLs This in service describes how aides can demonstrate to patients and their families ways to safely perform ADLs such as maintaining personal hygiene and using equipment to move about the home LESSON OBJECTIVES After completion of this program the home health aide will be able to Define how to feed a patient safely Describe methods that will assist in performing personal hygiene safely at home Discuss ambulating and using mobility devices safely in the home Contents of this lesson A clearly written fact sheet A 10 question post test to measure understanding of the subject matter An answer sheet with a place for the instructor's comments and signature An illustrative homecare specific case study Suggested supplemental learning activities An attendance log and certificate of completion

Home Health Aide On-The-Go In-Service Lessons: Vol. 2, Issue 5: Activities of Daily Living and Your Role, 2007-12-31 This lesson on Activities of Daily Living and Your Role includes a complete training packet Each in service packet takes approximately one hour to complete and fully meets the Medicare in service training requirements As aides need training you can make as many copies as you want there's no restriction when used with aides assigned from your office location Remember that Home Health Aides must have 12 hours of in service training every year LESSON OBJECTIVES Upon completion of this program the home health aide will be able to Name three core activities that are part of ADLs List two reasons patients need assistance with ADLs Name three techniques for assisting patients to improve their ability to perform ADLs OVERVIEW While there is some variation there are commonly six activities considered to be the activities of daily living ADLs They are feeding bathing dressing toileting transferring and mobility Studies indicate that the prevalence of personal assistance needs increases with age and by age 65 41% of the total population in the United States require help in one or more ADL The prevalence is much higher among homecare patients When home health aide visits are ordered in homecare it is almost always to assist with ADLs Historically except for patients receiving therapy services most home health aides were assigned to assist with personal care with little emphasis placed on helping patients achieve greater independence in performing ADLs Home health aides themselves often viewed their roles as providing direct care not in promoting greater independence The benchmarking capabilities of the Outcome and Assessment Information Set OASIS reports provide agencies with comparative data on patient improvement in performance of ADLs The data have helped agencies develop quality improvement activities aimed at increasing independence levels of patients Home health aides are crucial to success

in this goal *MDS 3.0 RAI User's Manual, 2010 Edition* HCPro, 2010-10

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