



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. B	10. C

Breaking the ADL Code

Use HCPro's comprehensive video, **Breaking the ADL Code: A New Approach to MDS-2.0** documentation, to train your entire nursing team on the MDS documentation requirements under the MDS-2.0. 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 score 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

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Adl Assistance Hcpro:

The Enigmatic Realm of **Adl Assistance Hcpro**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Adl Assistance Hcpro** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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