

ADL – CHOICE OBSERVATION PROTOCOL

GENERAL INSTRUCTIONS

Be sure to tell NH staff (in advance, if possible) that you will need to be present in the room during the provision of care. In case they close the door in front of you, knock on the door and explain why you have to stand inside. They can close the curtain to provide privacy.

ADL		Focus of Observation	Question
OUT OF BED CARE	⇒	TIME	(When)
INCONTINECE CARE	⇒	TIME & LOCATION	(When & Where)
DRESSING	⇒	TIME & CLOTHES	(When & What)
DINING LOCATION	⇒	LOCATION	(Where)

FILLING OUT THE FORM

Date:

- Date of Observation

Identify phase of study & current week:

B = Baseline, **R** = Repeated Baseline, **I**: Intervention, **P**: Post-Intervention

Reliability vs. Original:

- Only one observer, always ORIGINAL
- When 2 observers, RELIABILITY is selected observer (noted on schedule)

Start time: Start of RA's shift **End time:** When RA leaves hall for the day

Total: Time in hours or minutes

Day: **1** = Monday, **2** = Tuesday, **3** = Wednesday, **4** = Thursday, **5** = Friday

AIDE APPROACH

Related to first observed ADL:

This section completed when 1st dependent ADL care occurs.

2 aides approach:

If 2 aides approach for the same ADL (Ex: 2 aides enter room), code the one who provides care

2 aides approach with call light:

If one aide answers call light but gets another aide within 5 minutes to provide care) => Care Provided = YES (more than 5 minutes, Care Provided = NO)

DK = RA could not hear or see aide approach

NA = When all 4 ADLs are either (in any combination) Independent, NOB, or DNO

= If there is a reason it does not apply
Ex: Aide approach in hall, Aide is already in room

Terminology/Definitions

What to record

Please be certain to write exactly what is stated between resident and aide, pertaining to each specific ADL, on back of form. Also note the time.

If communication turns into a social conversation (not related to specific ADL) exact wording does not need to be recorded. Make a comment like “social conv. about weather”, etc.

Not observed = NOB

- ADL could not be observed
- Circle “Not observed”
- Remaining ADL section stays blank, note reason in comments

Comment Examples:

- Care is ongoing when RA enters the room (only partly observed) OR care happens while RA is in other room (missed) = RA in other room
- Care provided before RA starts observation (Ex: Resident already dressed and/or out of bed) = Earlier (E)

Did not occur = DNO

- Care was not provided (RA could observe, no aide offered ADL care)
- Circle “DNO”
- ADL section filled out as follows:
Spontaneous expression: NO, Care Provided: NO, Honors Resident Choice: NA,
Type of prompt: No Choice, Resident Response: Other-NA
- Comments: “DNO”

Independent

- Having awareness, motivation & physical capability.
- Needs to be observed: if out of bed, incontinence care, dressing, or dining location is observed, mark Independent = YES
- Record time of observation in comments box.
- If resident needs prompting, reminder, motivation = Independent, NO

Spontaneous expression (SPONT)

- Resident lets aide know about ADL need, without prompting
- **Call light & no aide prompt** = leave prompt section on front of form blank.
Ex: As aide walks in room resident states they need to use the bathroom.
- **Call light + aide prompt** = Aide prompts & resident response filled out on front of form.
Ex: Aide walks in room and says “what do you need?” resident replies “I need to use the bathroom”.

Call light (CL)

- CL counts only for initially targeted ADL, even if other SPONT are made.
- 2nd CL counts if used for a different ADL than the first.
- Call light used to prompt care = write time aide approached and “call light” in comments
- Record time call light starts on back of form if known
- Call light + aid prompt AND resident response = YES for honored residents choice (if care provided)
- Call light + aide prompt AND no resident response, Honors Choice = DK
- Call light & no aid prompt AND resident expression = YES for honored residents choice (if care provided)

Alarm vs. Call light

- Bed or chair alarm is not used as CL or SPONT

Care provided

YES = ADL care happens and is observed.

TOIL: includes checking of bed pads, even if dry & no change

NO = ADL care does not happen

DK = RA can not observe if care is provided.

Ex: Had to leave room or end of shift (note in comments)

NA = Care could not be observed (NOB)

5-Minute-Rule

- If aide prompts resident, leaves room, and returns after > 5min to provide care = Care Provided, NO
- If aide returns & care happens within 5 minutes = Care Provided, YES

Exception – Continuous care:

As long as the episode happens during continuous care (Ex: Aide prompts for dressing, but dresses resident 10min later after out of bed and toileting), the 5min rule does not apply.

Exception – Dining location:

Time between prompting & tray delivery/taking resident to dining room can exceed 5 mins. As long as tray is delivered/resident wheeled to dining room = Care Provided, YES

Honors resident choice

YES = Active/ Passive Prompt, Resident Choice Made & aide acts accordingly
= SPONT & aide acts accordingly.

NO = Active/ Passive Prompt, Resident Choice Made & aide does not act accordingly
= SPONT & aide does not act accordingly

DK = RA can not prove if choice was made OR if choice was honored

NA = No Active/ Passive Prompt (Type is No Choice or Other), even in combination with Choice Made.
= No Resident Choice Made

Resident Response unclear:

If resident mumbles, or response is not clear/not heard (Ex: Resident behind curtain)

AND does not fight against aide, coded like Choice Made and agreed with aide's offer = Honored resident choice, YES

- Use own judgement, if think a mumble is truly a No Response (NR), then mark Other- NR and comment

Types of Aide prompts

- Active Prompt** = Aide offers resident a clear choice
Ex: *Do you want to get up now or in 15 minutes?*
Would you like to use the toilet or bed pan?
Are you ready? (Depending on context, can be an active prompt, RA has to decide)
- Passive Prompt** = Aide forms a command in a question format.
Ex: *Let's get out of bed now, OK?*
Time to use the toilet, alright?
- If OK is at the beginning of the sentence = NOT Passive
(Ex: *OK, I'm going to get you up* = Other)

No choice	=	Aide provides care with nothing said at all, not even a social Conversation (Comment: "No conv.")
Other	=	Aide forms a command <i>Ex: Time to get out of bed.</i> <i>Let's go to the toilet.</i>
	=	Any kind of social conversation (Not ADL related)

Coding of prompts

Filtering conversation/statements:

ADL related conversation recorded on back of form.

- Active/ Passive prompts or commands (Other) from conversation are written on front sheet verbatim.
- Social conversation is written on front sheet as "conversation only"

Last prompt will be coded:

Generally, we code the last prompt for honors resident choice.

Exception:

- If first prompt is clear expression of choice => code first prompt
- If resident makes a SPONT, this overrides prompt & honors resident choice is coded how aide responds to request

Two prompts in one sentence:

- If 2 ADL prompts in 1 sentence, coded in both ADL sections
Ex: Do you want to get up and get dressed?
- Used in both Out of bed & Dressing

Coding of Resident Response

Choice Made/ Now, Later = Resident indicates their preference

- Responses can be verbal, including sounds (*Ex: uh-huh*) or non-verbal gestures (*Ex: Nodding, thumbs up/down*)

Other = Any kind of answer other than showing a preference

DC	=	Don't Care: Resident does not care what happens (very passive)
DK	=	Don't Know: Resident is not sure about preference
NR	=	Nonsense Response: Response does not answer active/passive prompt or make sense (<i>Ex: "The sun is shining"</i> to a question about clothes)
	=	No Response: No response to an active/passive prompt or command
NA	=	Not Applicable: If there is no conversation (no choice), or social conversation only

OUT OF BED CARE

CARE PROVIDED

- Resident is in chair
- Resident is sitting on edge of bed (dressed)
- Resident gets out of bed for an extended period of time. Can return to bed later & still remain as Out of Bed observed. (Decision ultimately up to RA, write comment)
Ex. Out of bed for incontinence care, then returns immediately = Not Out of Bed

Specific choice: Prompt has to be specific
Ex: Do you want to get up after b'fast?

Non-specific choice: Prompt is too general
Ex: Are you getting up TODAY?
- Coded as conversation only

INCONTINENCE CARE/ TOILETING

CARE PROVIDED

- Resident uses toilet, gets pad/diapers changed, uses bedpan, or gets pads/diaper physically checked.

CARE NOT PROVIDED

- Resident is prompted but not physically checked.
Ex: Staff asks, Are you wet? OR Do you have to use the bathroom? Resident responds, No and no further care is provided.

CHECKING WITHOUT CHANGE

- Aide asks resident if dry/needs change & resident says he is dry/does not need change. (Staff doesn't check) => Care Provided = NO, Honors Choice = YES, Type of Incontinence Care = NA
- Aide asks resident if dry, resident says he is dry, aide checks sheets => Care Provided = YES, Honors Choice = No; Type of Incontinence Care = NA

CARE BEHIND CURTAIN

- If RA can't see type of care, watch if changed linens or bedpan is carried away

USING BATHROOM

- "Bathroom" might be synonymous with bed pan

CHANGE

- Includes linens, pads, and diapers

CATHEDER

- If only checked/cleaned, recorded on back and coded as DNO

BED PAN/ ON+OFF TOILETING

- Only full episodes (on+off) are coded
Ex: Resident is already on toilet (not observed how he got there) but uses call light to get off (recorded on back of form)
- If aide leaves between ON and OFF bed pan/ toilet, assistance time is not recorded while out of room
- CL to get off bedpan/ toilet does not count as SPONT

TYPES OF CARE

- Urinal coded as bed pan
- Bedside toilet coded as toilet

INDEPENDENT vs. DEPENDENT

- Assistance needed either getting ON toilet or getting OFF toilet = dependent

2nd TOILETING

- Noted on back of form
- Not included in assistance time

DRESSING

CARE PROVIDED

- Resident gets dressing assistance OR only a gown change occurs during observation

CHOICE OFFERED/ MADE

- About when to dress and/or what to dress in response to active/passive prompts
- Circle all that apply

DEPENDENT

- If help with 1 piece of clothing/shoes, but rest independent = Independent, NO

SPONTANEOUS

- If resident states preference for what to wear or when to dress during ongoing (prompted) care episode => becomes SPONT (even if only about 1 piece of clothing, including shoes, jewelry). Write comment like "Most dressing prompted, but 1 piece SPONT"
- SPONT should be clearly marked on back of form

DINING LOCATION

CARE PROVIDED

- Occurs when tray is delivered OR resident leaves room with aide for dining room
- Some residents prefer only coffee/drink for b'fast => treated as tray delivered = Care Provided, Yes
- Aide delivers tray but resident decides not to have b'fast = Care Provided, Yes (only concerned with dining location)
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HONORS CHOICE

- Only related to location, otherwise NA

CODING ABOUT LOCATION

- Generally, if there is no prompt about location during conversation = conversation only
- Prompts like "You ready to go up front?" or "You want to go downstairs?" can be active prompts for dining location (RA has to decide if referring to dining room)

B'FAST START TIME / LENGTH OF ASSISTANCE TIME

- Generally, b'fast start time begins when tray is delivered and length of assistance time is total time for tray set-up/care.

Exceptions:

- Tray is delivered & resident needs to use the bathroom: B'fast start time begins after incontinence care when tray is actually set-up. Assistance time = 1min tray delivery + set-up time.
- Tray is delivered, aide leaves room without anything said, then returns for set-up: B'fast start time begins when aide returns to set-up tray. Assistance time = 1min tray delivery + set-up time.
- Tray is delivered, aide leaves room without assistance & does not return to set-up tray: B'fast start time begins when tray was delivered. Assistance time = 1 min tray delivery.
- If resident leaves room with aide for dining room, Assistance time = 1min

ASSISTANCE PROVIDED

Present (P) or Absent (A): Physical, Verbal, Social

- Physical Assistance = any kind of physical care that is ADL related (Ex. Changing bed pads, dressing resident)
- Verbal Assistance = any kind of comment, prompt that is ADL related.
- Social Assistance = any kind of comment, communication not ADL-related (Ex. Good morning, conversation about family, etc.)

Continuous (time)

- Each minute of assistance time for dependent ADL care is recorded.
- Any interruption of care that lasts < 1 min remains continuous.
- Any interruption of care that lasts > 1 min has to be recorded as discontinuous. Time for care can be re-started if it falls within the 5-minute rule
- ADL care that continues after 5 mins is considered a 2nd approach and is not included in continuous (time), only noted on back of form

Total Assistance Time

- Summary of minutes for Continuous (time)
- If all 4 ADLS are NOB or DNO = Assistance provided is NA & total assistance time is "0"

Dep. ADL

- The number of Dependent ADL care episodes observed

FOLLOW UP

Occurs when Out of Bed and/or Toileting Care is Not Provided, but aide or resident sets specific time to return. *Ex. I will be back in 10 minutes or I want to get up in 10 minutes*

On time = Aide provides care within +/- 5 minutes of set time

Later = Aide provides care more than +5 minutes of set time

No Follow-Up = Care is not provided after set time

NA = Care was already provided OR no specific time set OR is DNO/NOB
= RA's shift ends before stated time to return (note in comments)

OVERALL OBSERVATION

When observed ADLs, both Independent & Dependent, happened related to b'fast

NA = ADLs were NOB or DNO

RESIDENT RESPONSE TO TOTAL CARE EPISODE

Generally, we try to filter whether the resident is able to talk and is cognitively aware through:

Verbal or non-verbal expressions:

- During care provided

Meaningful comments/ responses:

- Does not have to be ADL related

DK = No expressions or responses could be observed

NA = No care episode could be observed