

Functional Activity and Mobility

Documentation for Hospitalized Adult



JOHNS HOPKINS
M E D I C I N E

Goals for Documentation of Activity and Mobility

- To develop a trans-disciplinary workflow to drive patient outcomes and care plan development
 - Use tools to set activity and mobility daily goals
- To identify the most appropriate providers to address patient functional issues

Goals for Documentation of Activity and Mobility

- To develop a strategy for Functional Reconciliation on every patient.
 - Defined by the Society of Critical Care Medicine as:

the comparison of a patient's functional ability prior to hospitalization with their current status. To occur at all transitions in level of care within institutions, and between institutions and out-patient/community resources.

Similar to medication reconciliation

Goals for Documentation of Activity and Mobility

- To track patient's function longitudinally as patients go through acute-care and post-acute care services.
 - Information on functional status will flow to the Transitions of Care document

Goals for Documentation of Activity and Mobility

- To fulfill CMS regulatory requirements
 - Address Core Measure that requires inclusion of functional status, including activities of daily living, cognitive and disability status in a transitions of care document.
- CMS *meaningful use and conditions of participation*

Documentation Summary

- Tools for Functional Status Documentation
 - The Johns Hopkins Highest Level of Mobility Scale (JH HLM)
 - AM-PAC Inpatient Activity Scale
 - AM-PAC Inpatient Mobility Scale

THE JOHNS HOPKINS HIGHEST LEVEL OF MOBILITY SCALE (JH-HLM)

Johns Hopkins Highest Level of Mobility (JH-HLM)

- **Feasible** - Easy to use and educate staff.
- To record the mobility that a hospitalized patient **actually does**, not what they are capable of doing.
- To standardize the description of patient mobility **across multi-disciplinary providers** (i.e. physicians, nurses, rehabilitation therapists, support staff).
- To set individual patient **mobility goals** during hospitalization (e.g. move up 1 step on the scale tomorrow).
- A **performance measure** for quality improvement projects aimed at promoting patient mobility

The Johns Hopkins Highest Level of Mobility Scale (JH-HLM)

↑ MOBILITY LEVEL

		Score
WALK	250+ FEET	8
	25+ FEET	7
	10+ STEPS	6
STAND	1 MINUTE	5
CHAIR	TRANSFER	4
BED	SIT AT EDGE	3
	TURN SELF / BED ACTIVITY	2
	LYING	1

Report of what
the patient
ACTUALLY
DID
(Observation)

The Highest Level Of Mobility Scale (JH-HLM)

- Document the Highest Level of Mobility since last documentation
 - Summary of a time period
- Documented 2xs per day
 - Document during day time waking hours
 - Document after your patient had the opportunity to move around

Use JH-HLM to Set Daily Goals

- Each day try to progress the patient to the next level on the scale
 - For example, if you saw in the documentation that yesterday the patient transferred to a chair (4) then today you should try to have them stand for 1 minute (5)

JH-HLM Daily Documentation Example #1

Since you assumed care of the patient at 8am, the patient ambulated to the bathroom with assistance of walker and 1 tech. Otherwise, the patient has been sitting in the chair watching TV.

Into Patient Movement/Mobility Scale

- JH-HLM: 'Walked 10 + steps'
 - Score: 6
- Level of Assistance: A Little
- Assistive Device: Walker
- Number of Assistive Persons: 1
- Exercises: None
- Ambulation Distance: NA
- Tomorrow's Goal: Walk 25 ft (7)

JH-HLM Daily Documentation Example #2

It is the end of the your shift and throughout your shift the patient was transferred back and forth to a chair twice using the mechanical lift.

Into Patient Movement/Mobility Scale

- JH-HLM: 'Transferred to chair/commode'
 - Score- 4
- Level of Assistance: Total
- Assistive Device: Mechanical Lift
- Number of Assistive Persons: 2
- Exercises: None
- Ambulation Distance: NA
- Tomorrow's Goal: Stand for 1 minute (5)

JH-HLM Daily Documentation

Example #3

It is 10 am and you have time to complete your documentation. Since you came on shift at 7am, the patient has performed their exercise program the therapists left the day before. The exercises were done independently while lying in bed.

Into Patient Movement/Mobility Scale

- JH-HLM: 'Bed Activity'
 - Score: 2
- Level of Assistance: None
- Assistive Device: None
- Number of Assistive Persons: 0
- Exercises: Bed exercises
- Ambulation Distance: NA
- Tomorrow's Goal: Sit edge of bed (3)

JH-HLM Daily Documentation Example #4

You are ready to document at 2pm on a patient who is currently sitting at EOB. The last documentation of HLM before this one was at 8am. You know the patient around the unit alone with their walker.

Into Patient Movement/Mobility Scale

- JH-HLM: 'Walked 250 feet
 - Score: 8
- Level of Assistance: None
- Assistive Device: Walker
- Number of Assistive Persons: 0
- Exercises: None
- Ambulation Distance: Lap x1
- Tomorrow's Goal: Walk 250 feet (8); increase to 2 laps

AM-PAC INPATIENT ASSESSMENTS

Activity Measure for Post Acute Care (AM-PAC)

- 25 years in development
- Validated across all levels of care
- 240 items – 3 domains
- Computer Adapted Test
- Can be shortened, and *answered by surrogates*
- *Short Forms in use at JHM*
 - *Inpatient*
 - *Homecare*
 - *Outpatient – Rehabilitation Clinics*
 - *Ambulatory Clinics*
- Stages and Minimum Clinical Important Difference



AM PAC Inpatient Basic Mobility

How much help from another person does the patient currently need... (If they have not done an activity recently, how much help do you think they would need if they tried?)

1. Turning from your back to your side while in a flat bed without using bedrails?
2. Moving from lying on your back to sitting on the side of a flat bed without using bedrails?
3. Moving to and from a bed to a chair (including a wheelchair)?
4. Standing up from a chair using your arms (e.g., wheelchair or bedside chair)?
5. To walk in hospital room?
6. Climbing 3-5 steps with a railing?

Key: Higher Scores= Less Disability

Help from another person items

- 1 = 'Total' (patient requires total assistance)
- 2 = 'A lot' (patient requires maximum to moderate assistance)
- 3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision)
- 4 = 'None' (patient is independent)

AM- PAC Inpatient Daily Activities

How much help from another person does the patient currently need?

1. Putting on and taking off regular lower body clothing?
2. Bathing (including washing, rinsing, drying)?
3. Toileting, which includes using toilet, bedpan or urinal?
4. Putting on and taking off regular upper body clothing?
5. Taking care of personal grooming such as brushing teeth?
6. Eating meals?

Help from another person items

- 1 = 'Total' (patient requires total assistance)
2 = 'A lot' (patient requires maximum to moderate assistance)
3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision)
4 = 'None' (patient is independent)

Case Study 1

- Patient is in the ICU. He has an NG tube which he repeatedly attempts to pull out. Due to this, his hands are restrained. He is turned by staff every 4 hours. He is able to sit edge of bed for a few minutes with support from two staff. He is not able to assist with his personal care.

Case1: AM PAC Inpatient Mobility



How much <u>help from another person</u> does the patient currently need?	Score:	
1. Turning from your back to your side while in a flat bed without using bedrails?	1	Help from another person items 1 = 'Total' (patient requires total assistance) 2 = 'A lot' (patient requires maximum to moderate assistance) 3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision) 4= 'None' (patient is independent)
2. Moving from lying on your back to sitting on the side of a flat bed without using bedrails?	1	
3. Moving to and from a bed to a chair (including a wheelchair)?	1	
4. Standing up from a chair using your arms (e.g., wheelchair or bedside chair)?	1	
5. To walk in hospital room?	1	
6. Climbing 3-5 steps with a railing?	1	
Total (raw score) =	6	T score =23.55 % of disability =100.0%

Case 1: AM PAC Inpatient Activities

How much help from another person does the patient currently need?

Score:

1. Putting on and taking off regular lower body clothing?	1	Help from another person items 1 = 'Total' (patient requires total assistance) 2 = 'A lot' (patient requires maximum to moderate assistance) 3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision) 4 = 'None' (patient is independent)
2. Bathing (including washing, rinsing, drying)?	1	
3. Toileting, which includes using toilet, bedpan or urinal?	1	
4. Putting on and taking off regular upper body clothing?	1	
5. Taking care of personal grooming such as brushing teeth?	1	
6. Eating meals?	1	
Total (raw score) =	6	T score = 17.07 % of disability = 100.0%

Case Study 2 – Example of Family Report

- Patient is admitted for CHF and refused to walk or participate in her ADLs with you. She can get to sitting on the side of the bed, but it takes a long time and since she is high fall risk, she needs supervision to move to a chair. She has been eating her meals independently. When the family visited she walked down hall with them, got dressed and showered. We asked how much help she needed. The family reported she has dementia and they need to watch her closely at all times. They stated she needs someone to give her directions for dressing and showering. She lives with her family in a row home. She uses the bathroom on the second floor, but needs someone to help.

Case 2: AM PAC Inpatient Mobility



How much <u>help from another person</u> does the patient currently need?	Score:	
1. Turning from your back to your side while in a flat bed without using bedrails?	3	Help from another person items 1 = 'Total' (patient requires total assistance) 2 = 'A lot' (patient requires maximum to moderate assistance) 3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision) 4 = 'None' (patient is independent)
2. Moving from lying on your back to sitting on the side of a flat bed without using bedrails?	3	
3. Moving to and from a bed to a chair (including a wheelchair)?	3	
4. Standing up from a chair using your arms (e.g., wheelchair or bedside chair)?	3	
5. To walk in hospital room?	3	
6. Climbing 3-5 steps with a railing?	3	
Total (raw score) =	18	T score =43.63 % of disability =46.58%

Case 2: AM PAC Inpatient Activities

How much help from another person does the patient currently need?

Score:

1. Putting on and taking off regular lower body clothing?	3	Help from another person items 1 = 'Total' (patient requires total assistance) 2 = 'A lot' (patient requires maximum to moderate assistance) 3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision) 4 = 'None' (patient is independent)
2. Bathing (including washing, rinsing, drying)?	3	
3. Toileting, which includes using toilet, bedpan or urinal?	3	
4. Putting on and taking off regular upper body clothing?	3	
5. Taking care of personal grooming such as brushing teeth?	3	
6. Eating meals?	4	
Total (raw score) =	19	T score = 40.22 % of disability = 42.80%

Case Study 3 – Current status

- Patient is in the ICU. Yesterday, he was able to walk up and down the hall, change his hospital gown, and use the urinal. During your shift today, he has become extremely confused and unable to assist with his personal care, but when directed can turn to his side. Otherwise, he has been lying in bed, agitated and restrained.

Case 3: AM PAC Inpatient Mobility



How much <u>help from another person</u> does the patient currently need?	Score:	
1. Turning from your back to your side while in a flat bed without using bedrails?	2	Help from another person items 1 = 'Total' (patient requires total assistance) 2 = 'A lot' (patient requires maximum to moderate assistance) 3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision) 4 = 'None' (patient is independent)
2. Moving from lying on your back to sitting on the side of a flat bed without using bedrails?	1	
3. Moving to and from a bed to a chair (including a wheelchair)?	1	
4. Standing up from a chair using your arms (e.g., wheelchair or bedside chair)?	1	
5. To walk in hospital room?	1	
6. Climbing 3-5 steps with a railing?	1	
Total (raw score) =	7	T score =26.42 % of disability =92.36%

Case 3: AM PAC Inpatient Activities

How much help from another person does the patient currently need?

Score:

1. Putting on and taking off regular lower body clothing?	1	Help from another person items 1 = 'Total' (patient requires total assistance) 2 = 'A lot' (patient requires maximum to moderate assistance) 3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision) 4 = 'None' (patient is independent)
2. Bathing (including washing, rinsing, drying)?	1	
3. Toileting, which includes using toilet, bedpan or urinal?	1	
4. Putting on and taking off regular upper body clothing?	1	
5. Taking care of personal grooming such as brushing teeth?	1	
6. Eating meals?	1	
Total (raw score) =	6	T score = 17.07 % of disability = 100.0%

Case Study 4

- Patient sustained several fractures due to recent MVA. He is non-weight bearing on his right leg and right arm. He can only transfer when the PT works with him. He is right-hand dominant but is trying to use his left hand for activities. He needs help cutting up food, and putting on a hospital gown on his right side.

Case 4: AM PAC Inpatient Mobility



How much <u>help from another person</u> does the patient currently need?	Score:	
1. Turning from your back to your side while in a flat bed without using bedrails?	1	Help from another person items 1 = 'Total' (patient requires total assistance) 2 = 'A lot' (patient requires maximum to moderate assistance) 3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision) 4 = 'None' (patient is independent)
2. Moving from lying on your back to sitting on the side of a flat bed without using bedrails?	1	
3. Moving to and from a bed to a chair (including a wheelchair)?	1	
4. Standing up from a chair using your arms (e.g., wheelchair or bedside chair)?	2	
5. To walk in hospital room?	1	
6. Climbing 3-5 steps with a railing?	1	
Total (raw score) =	7	T score =26.42 % of disability =92.36%

Case 4: AM PAC Inpatient Activities

How much help from another person does the patient currently need?

Score:

1. Putting on and taking off regular lower body clothing?	2	Help from another person items 1 = 'Total' (patient requires total assistance) 2 = 'A lot' (patient requires maximum to moderate assistance) 3 = 'A little' (patient requires minimal assistance, contact guard assistance or supervision) 4 = 'None' (patient is independent)
2. Bathing (including washing, rinsing, drying)?	2	
3. Toileting, which includes using toilet, bedpan or urinal?	2	
4. Putting on and taking off regular upper body clothing?	2	
5. Taking care of personal grooming such as brushing teeth?	2	
6. Eating meals?	2	
Total (raw score) =	12	T score = 30.60 % of disability = 63.03%