

SECTION J: HEALTH CONDITIONS

Intent: The intent of the items in this section is to document a number of health conditions that impact the resident's functional status and quality of life. The items include an assessment of pain which uses an interview with the resident or staff if the resident is unable to participate. The pain items assess the presence of pain, pain frequency, effect on function, intensity, management and control. Other items in the section assess dyspnea, tobacco use, prognosis, problem conditions, and falls.

J0100: Pain Management (5-Day Look Back)

| J0100. Pain Management - Complete for all residents, regardless of current pain level | |
|---|--|
| At any time in the last 5 days, has the resident: | |
| Enter Code <input type="checkbox"/> | A. Received scheduled pain medication regimen? 0. No 1. Yes |
| Enter Code <input type="checkbox"/> | B. Received PRN pain medications OR was offered and declined? 0. No 1. Yes |
| Enter Code <input type="checkbox"/> | C. Received non-medication intervention for pain? 0. No 1. Yes |

Item Rationale

Health-related Quality of Life

- Pain can cause suffering and is associated with inactivity, social withdrawal, depression, and functional decline.
- Pain can interfere with participation in rehabilitation.
- Effective pain management interventions can help to avoid these adverse outcomes.

Planning for Care

- Goals for pain management for most residents should be to achieve a consistent level of comfort while maintaining as much function as possible.
- Identification of pain management interventions facilitates review of the effectiveness of pain management and revision of the plan if goals are not met.
- Residents may have more than one source of pain and will need a comprehensive, individualized management regimen.
- Most residents with moderate to severe pain will require regularly dosed pain medication, and some will require additional PRN (as-needed) pain medications for breakthrough pain.
- Some residents with intermittent or mild pain may have orders for PRN dosing only.

DEFINITION

PAIN MEDICATION REGIMEN

Pharmacological agent(s) prescribed to relieve or prevent the recurrence of pain. Include all medications used for pain management by any route and any frequency during the look-back period. Include oral, transcutaneous, subcutaneous, intramuscular, rectal, intravenous injections or intraspinal delivery. This item does not include medications that primarily target treatment of the underlying condition, such as chemotherapy or steroids, although such treatments by lead to pain reduction.

J0100: Pain Management (cont.)

- Non-medication pain (non-pharmacologic) interventions for pain can be important adjuncts to pain treatment regimens.
- Interventions must be included as part of a care plan that aims to prevent or relieve pain and includes monitoring for effectiveness and revision of care plan if stated goals are not met. There must be documentation that the intervention was received and its effectiveness was assessed. It does not have to have been successful to be counted.

Steps for Assessment

1. Review medical record to determine if a pain regimen exists.
2. Review the medical record and interview staff and direct caregivers to determine what, if any, pain management interventions the resident received during the 5-day look-back period. Include information from all disciplines.

Coding Instructions for J0100A-C

Determine all interventions for pain provided to the resident during the 5-day look-back period. Answer these items even if the resident currently denies pain.

Coding Instructions for J0100A, Been on a Scheduled Pain Medication Regimen

- Code 0, no: if the medical record does not contain documentation that a scheduled pain medication was received.
- Code 1, yes: if the medical record contains documentation that a scheduled pain medication was received.

Coding Instructions for J0100B, Received PRN Pain Medication

- Code 0, no: if the medical record does not contain documentation that a PRN medication was received or offered.
- Code 1, yes: if the medical record contains documentation that a PRN medication was either received OR was offered but declined.

DEFINITIONS

SCHEDULED PAIN

MEDICATION REGIMEN

Pain medication order that defines dose and specific time interval for pain medication administration. For example, "once a day," "every 12 hours."

PRN PAIN

MEDICATIONS

Pain medication order that specifies dose and indicates that pain medication may be given on an as needed basis, including a time interval, such as "every 4 hours as needed for pain" or "every 6 hours as needed for pain."

NON-MEDICATION

PAIN INTERVENTION

Scheduled and implemented non-pharmacological interventions include, but are not limited to: bio-feedback, application of heat/cold, massage, physical therapy, nerve block, stretching and strengthening exercises, chiropractic, electrical stimulation, radiotherapy, ultrasound and acupuncture. Herbal or alternative medicine products are not included in this category.

J0100: Pain Management (cont.)

Coding Instructions for J0100C, Received Non-medication Intervention for Pain

- Code 0, no: if the medical record does not contain documentation that a non-medication pain intervention was received.
- Code 1, yes: if the medical record contains documentation that a non-medication pain intervention was scheduled as part of the care plan and it is documented that the intervention was actually received and assessed for efficacy.

Coding Tips

- Code only pain medication regimens without PRN pain medications in J0100A. Code receipt of PRN pain medications in J0100B.
- For coding J0100B code only residents with PRN pain medication regimens here. If the resident has a scheduled pain medication J0100A should be coded.

Examples

1. The resident's medical record documents that she received the following pain management in the past 5 days:
 - Hydrocodone/acetaminophen 5/500 1 tab PO every 6 hours. Discontinued on day 1 of look-back period.
 - Acetaminophen 500mg PO every 4 hours. Started on day 2 of look-back period.
 - Cold pack to left shoulder applied by PT BID. PT notes that resident reports significant pain improvement after cold pack applied.

Coding: J0100A would be coded 1, yes.
Rationale: Medical record indicated that resident received a scheduled pain medication during the 5-day look-back period.

Coding: J0100B would be coded 0, no.
Rationale: No documentation was found in the medical record that resident received or was offered and declined any PRN medications during the 5-day look-back period.

Coding: J0100C would be coded 1, yes.
Rationale: The medical record indicates that the resident received scheduled non-medication pain intervention (cold pack to the left shoulder) during the 5-day look-back period.
2. The resident's medical record includes the following pain management documentation:
 - Morphine sulfate controlled-release 15 mg PO Q 12 hours: Resident refused every dose of medication during the 5-day look-back period. No other pain management interventions were documented.

J0100: Pain Management (cont.)

Coding: J0100A would be coded 0, no.

Rationale: The medical record documented that the resident did not receive scheduled pain medication during the 5-day look-back period. Residents may refuse scheduled medications; however, medications are not considered “received” if the resident refuses the dose.

Coding: J0100B would be coded 0, no.

Rationale: The medical record contained no documentation that the resident received or was offered and declined any PRN medications during the 5-day look-back period.

Coding: J0100C would be coded 0, no.

Rationale: The medical record contains no documentation that the resident received non-medication pain intervention during the 5-day look-back period.

J0200: Should Pain Assessment Interview Be Conducted?

| | |
|--|--|
| J0200. Should Pain Assessment Interview be Conducted? | |
| Attempt to conduct interview with all residents. If resident is comatose, skip to J1100, Shortness of Breath (dyspnea) | |
| Enter Code <input type="checkbox"/> | 0. No (resident is rarely/never understood) → Skip to and complete J0800, Indicators of Pain or Possible Pain 1. Yes → Continue to J0300, Pain Presence |

Item Rationale

Health-related Quality of Life

- Most residents who are capable of communicating can answer questions about how they feel.
- Obtaining information about pain directly from the resident, sometimes called “hearing the resident’s voice,” is more reliable and accurate than observation alone for identifying pain.
- If a resident cannot communicate (e.g., verbal, gesture, written), then staff observations for pain behavior (J0800 and J0850) will be used.

Planning for Care

- Interview allows the resident’s voice to be reflected in the care plan.
- Information about pain that comes directly from the resident provides symptom-specific information for individualized care planning.

Steps for Assessment

1. Determine whether the resident is understood at least sometimes. Review **Language** item (A1100), to determine whether the resident needs or wants an interpreter.
 - If an interpreter is needed or requested, every effort should be made to have an interpreter present for the MDS clinical interview.

J0200: Should Pain Assessment Interview Be Conducted? (cont.)

Coding Instructions

Attempt to complete the interview if the resident is at least sometimes understood and an interpreter is present or not required.

- Code 0, no: if the resident is rarely/never understood or an interpreter is required but not available. Skip to **Indicators of Pain or Possible Pain** item (J0800).
- Code 1, yes: if the resident is at least sometimes understood and an interpreter is present or not required. Continue to **Pain Presence** item (J0300).

Coding Tips and Special Populations

- If it is not possible for an interpreter to be present during the look-back period, code J0200 = 0 to indicate interview not attempted and complete **Staff Assessment of Pain** item (J0800), instead of the **Pain Interview** items (J0300-J0600).

J0300-J0600: Pain Assessment Interview



| Pain Assessment Interview | |
|---|--|
| J0300. Pain Presence | |
| Enter Code <input type="checkbox"/> | Ask resident: "Have you had pain or hurting at any time in the last 5 days?" 0. No → Skip to J1100, Shortness of Breath 1. Yes → Continue to J0400, Pain Frequency 9. Unable to answer → Skip to J0800, Indicators of Pain or Possible Pain |
| J0400. Pain Frequency | |
| Enter Code <input type="checkbox"/> | Ask resident: "How much of the time have you experienced pain or hurting over the last 5 days?" 1. Almost constantly 2. Frequently 3. Occasionally 4. Rarely 9. Unable to answer |
| J0500. Pain Effect on Function | |
| Enter Code <input type="checkbox"/> | A. Ask resident: "Over the past 5 days, has pain made it hard for you to sleep at night?" 0. No 1. Yes 9. Unable to answer |
| Enter Code <input type="checkbox"/> | B. Ask resident: "Over the past 5 days, have you limited your day-to-day activities because of pain?" 0. No 1. Yes 9. Unable to answer |
| J0600. Pain Intensity - Administer ONLY ONE of the following pain intensity questions (A or B) | |
| Enter Rating <input type="text"/> | A. Numeric Rating Scale (00-10) Ask resident: "Please rate your worst pain over the last 5 days on a zero to ten scale, with zero being no pain and ten as the worst pain you can imagine." (Show resident 00-10 pain scale) Enter two-digit response. Enter 99 if unable to answer. |
| Enter Code <input type="checkbox"/> | B. Verbal Descriptor Scale Ask resident: "Please rate the intensity of your worst pain over the last 5 days." (Show resident verbal scale) 1. Mild 2. Moderate 3. Severe 4. Very severe, horrible 9. Unable to answer |

J0300-J0600: Pain Assessment Interview (cont.)

Item Rationale

Health-related Quality of Life

- The effects of unrelieved pain impact the individual in terms of functional decline, complications of immobility, skin breakdown and infections.
- Pain significantly adversely affects a person's quality of life and is tightly linked to depression, diminished self-confidence and self-esteem, as well as an increase in behavior problems, particularly for cognitively-impaired residents.
- Some older adults limit their activities in order to avoid having pain. Their report of lower pain frequency may reflect their avoidance of activity more than it reflects adequate pain management.

Planning for Care

- Directly asking the resident about pain rather than relying on the resident to volunteer the information or relying on clinical observation significantly improves the detection of pain.
- Resident self-report is the most reliable means for assessing pain.
- Pain assessment provides a basis for evaluation, treatment need, and response to treatment.
- Assessing whether pain interferes with sleep or activities provides additional understanding of the functional impact of pain and potential care planning implications.
- Assessment of pain provides insight into the need to adjust the timing of pain interventions to better cover sleep or preferred activities.
- Pain assessment prompts discussion about factors that aggravate and alleviate pain.
- Similar pain stimuli can have varying impact on different individuals.
- Consistent use of a standardized pain intensity scale improves the validity and reliability of pain assessment. Using the same scale in different settings may improve continuity of care.
- Pain intensity scales allow providers to evaluate whether pain is responding to pain medication regimen(s) and/or non-pharmacological intervention(s).

Steps for Assessment: Basic Interview Instructions for Pain Assessment Interview (J0300-J0600)

1. Interview any resident not screened out by the **Should Pain Assessment Interview be Conducted?** item (J0200).
2. The Pain Assessment Interview for residents consists of four items: the primary question **Pain Presence** item (J0300), and three follow-up questions **Pain Frequency** item (J0400); **Pain Effect on Function** item (J0500); and **Pain Intensity** item (J0600). If the resident is unable to answer the primary question on **Pain Presence** item J0300, skip to the **Staff Assessment for Pain** beginning with **Indicators of Pain or Possible Pain** item (J0800).

J0300-J0600: Pain Assessment Interview (cont.)

3. The look-back period on these items is 5 days. Because this item asks the resident to recall pain during the past 5 days, this assessment should be conducted close to the end of the 5-day look-back period; preferably on the day before, or the day of the ARD. This should more accurately capture pain episodes that occur during the 5-day look-back period.
4. Conduct the interview in a private setting.
5. Be sure the resident can hear you.
 - Residents with hearing impairment should be tested using their usual communication devices/techniques, as applicable.
 - Try an external assistive device (headphones or hearing amplifier) if you have any doubt about hearing ability.
 - Minimize background noise.
6. Sit so that the resident can see your face. Minimize glare by directing light sources away from the resident's face.
7. Give an introduction before starting the interview. Suggested language: "I'd like to ask you some questions about pain. The reason I am asking these questions is to understand how often you have pain, how severe it is, and how pain affects your daily activities. This will help us to develop the best plan of care to help manage your pain."
8. Directly ask the resident each item in J0300 through J0600 in the order provided.
 - Use other terms for pain or follow-up discussion if the resident seems unsure or hesitant. Some residents avoid use of the term "pain" but may report that they "hurt." Residents may use other terms such as "aching" or "burning" to describe pain.
9. If the resident chooses not to answer a particular item, accept his/her refusal, **code 9**, and move on to the next item.
10. If the resident is unsure about whether the pain occurred in the 5-day time interval, prompt the resident to think about the most recent episode of pain and try to determine whether it occurred within the look-back period.

DEFINITION

PAIN

Any type of physical pain or discomfort in any part of the body. It may be localized to one area or may be more generalized. It may be acute or chronic, continuous or intermittent, or occur at rest or with movement. Pain is very subjective; pain is whatever the experiencing person says it is and exists whenever he or she says it does.

J0300: Pain Presence (5-Day Look Back)

| Pain Assessment Interview | |
|---------------------------|---|
| J0300. Pain Presence | |
| Enter Code | Ask resident: "Have you had pain or hurting at any time in the last 5 days?" |
| <input type="checkbox"/> | 0. No → Skip to J1100, Shortness of Breath 1. Yes → Continue to J0400, Pain Frequency 9. Unable to answer → Skip to J0800, Indicators of Pain or Possible Pain |

J0300: Pain Presence (cont.)



Steps for Assessment

1. Ask the resident: “Have you had pain or hurting at any time in the last 5 days?”

Coding Instructions for J0300, Pain Presence

Code for the presence or absence of pain regardless of pain management efforts during the 5-day look-back period.

- Code 0, no: if the resident responds “no” to any pain in the 5-day look-back period. Code 0, no: even if the reason for no pain is that the resident received pain management interventions. If coded 0, the pain interview is complete. Skip to **Shortness of Breath** item (J1100).
- Code 1, yes: if the resident responds “yes” to pain at any time during the look-back period. If coded 1, proceed to items J0400, J0500, J0600 AND J0700.
- Code 9, unable to answer: if the resident is unable to answer, does not respond, or gives a nonsensical response. If coded 9, skip to the **Staff Assessment for Pain** beginning with **Indicators of Pain or Possible Pain** item (J0800).

DEFINITION

NONSENSICAL RESPONSE

Any unrelated, incomprehensible, or incoherent response that is not informative with respect to the item being coded.

Coding Tips

- Rates of self-reported pain are higher than observed rates. Although some observers have expressed concern that residents may not complain and may deny pain, the regular and objective use of self-report pain scales enhances residents’ willingness to report.

Examples

1. When asked about pain, Mrs. S. responds, “No. I have been taking the pain medication regularly, so fortunately I have had no pain.”

Coding: J0300 would be coded 0, no. The assessor would skip to **Shortness of Breath** item (J1100).

Rationale: Mrs. S. reports having no pain during the look-back period. Even though she received pain management interventions during the look-back period, the item is coded “No,” because there was no pain.

2. When asked about pain, Mr. T. responds, “No pain, but I have had a terrible burning sensation all down my leg.”

Coding: J0300 would be coded 1, yes. The assessor would proceed to **Pain Frequency** item (J0400).

Rationale: Although Mr. T.’s initial response is “no,” the comments indicate that he has experienced pain (burning sensation) during the look-back period.

J0300: Pain Presence (cont.)



3. When asked about pain, Ms. G. responds, “I was on a train in 1905.”

Coding: J0300 would be coded 9, unable to respond. The assessor would skip to **Indicators of Pain** item (J0800).

Rationale: Ms. G. has provided a nonsensical answer to the question. The assessor will complete the **Staff Assessment for Pain** beginning with **Indicators of Pain** item (J0800).

J0400: Pain Frequency (5-Day Look Back)



| J0400. Pain Frequency | |
|--------------------------|---|
| Enter Code | Ask resident: <i>“How much of the time have you experienced pain or hurting over the last 5 days?”</i> |
| <input type="checkbox"/> | 1. Almost constantly |
| | 2. Frequently |
| | 3. Occasionally |
| | 4. Rarely |
| | 9. Unable to answer |

Steps for Assessment

1. Ask the resident: “How much of the time have you experienced pain or hurting over the last 5 days?” Staff may present response options on a written sheet or cue card. This can help the resident respond to the items.
2. If the resident provides a related response but does not use the provided response scale, help clarify the best response by echoing (repeating) the resident’s own comment and providing related response options. This interview approach frequently helps the resident clarify which response option he or she prefers.
3. If the resident, despite clarifying statement and repeating response options, continues to have difficulty selecting between two of the provided responses, then select the more frequent of the two.

Coding Instructions

Code for pain frequency during the 5-day look-back period.

- Code 1, almost constantly: if the resident responds “almost constantly” to the question.
- Code 2, frequently: if the resident responds “frequently” to the question.
- Code 3, occasionally: if the resident responds “occasionally” to the question.
- Code 4, rarely: if the resident responds “rarely” to the question.
- Code 9, unable to answer: if the resident is unable to respond, does not respond, or gives a nonsensical response. Proceed to items J0500, J0600 AND J0700.

J0400: Pain Frequency (cont.)



Coding Tips

- No predetermined definitions are offered to the resident related to frequency of pain.
 - The response should be based on the resident's interpretation of the frequency options.
 - Facility policy should provide standardized tools to use throughout the facility in assessing pain to ensure consistency in interpretation and documentation of the resident's pain.

Examples

1. When asked about pain, Mrs. C. responds, "All the time. It has been a terrible week. I have not been able to get comfortable for more than 10 minutes at a time since I started physical therapy four days ago."

Coding: J0400 would be coded 1, almost constantly.

Rationale: Mrs. C. describes pain that has occurred "all the time."

2. When asked about pain, Mr. J. responds, "I don't know if it is frequent or occasional. My knee starts throbbing every time they move me from the bed or the wheelchair."

The interviewer says: "Your knee throbs every time they move you. If you had to choose an answer, would you say that you have pain frequently or occasionally?"

Mr. J. is still unable to choose between frequently and occasionally.

Coding: J0400 would be coded 2, frequently.

Rationale: The interviewer appropriately echoed Mr. J.'s comment and provided related response options to help him clarify which response he preferred. Mr. J. remained unable to decide between frequently and occasionally. The interviewer therefore coded for the higher frequency of pain.

3. When asked about pain, Miss K. responds: "I can't remember. I think I had a headache a few times in the past couple of days, but they gave me acetaminophen and the headaches went away."

The interviewer clarifies by echoing what Miss K. said: "You've had a headache a few times in the past couple of days and the headaches went away when you were given acetaminophen. If you had to choose from the answers, would you say you had pain occasionally or rarely?"

Miss K. replies "Occasionally."

Coding: J0400 would be coded 3, occasionally.

Rationale: After the interviewer clarified the resident's choice using echoing, the resident selected a response option.

J0400: Pain Frequency (cont.)



4. When asked about pain, Ms. M. responds, “I would say rarely. Since I started using the patch, I don’t have much pain at all, but four days ago the pain came back. I think they were a bit overdue in putting on the new patch, so I had some pain for a little while that day.”

Coding: J0400 would be coded 4, rarely.

Rationale: Ms. M. selected the “rarely” response option.

J0500: Pain Effect on Function (5-Day Look Back)



| J0500. Pain Effect on Function | |
|--|--|
| Enter Code <input type="checkbox"/> | A. Ask resident: <i>"Over the past 5 days, has pain made it hard for you to sleep at night?"</i> 0. No 1. Yes 9. Unable to answer |
| Enter Code <input type="checkbox"/> | B. Ask resident: <i>"Over the past 5 days, have you limited your day-to-day activities because of pain?"</i> 0. No 1. Yes 9. Unable to answer |

Steps for Assessment

1. Ask the resident each of the two questions exactly as they are written.
2. If the resident’s response does not lead to a clear “yes” or “no” answer, repeat the resident’s response and then try to narrow the focus of the response. For example, if the resident responded to the question, “Has pain made it hard for you to sleep at night?” by saying, “I always have trouble sleeping,” then the assessor might reply, “You always have trouble sleeping. Is it your pain that makes it hard for you to sleep?”

Coding Instructions for J0500A, Over the Past 5 Days, Has Pain Made It Hard for You to Sleep at Night?

- Code 0, no: if the resident responds “no,” indicating that pain did not interfere with sleep.
- Code 1, yes: if the resident responds “yes,” indicating that pain interfered with sleep.
- Code 9, unable to answer: if the resident is unable to answer the question, does not respond or gives a nonsensical response. Proceed to items J0500B, J0600 AND J0700.

Coding Instructions for J0500B, Over the Past 5 Days, Have You Limited Your Day-to-day Activities because of Pain?

- Code 0, no: if the resident indicates that pain did not interfere with daily activities.
- Code 1, yes: if the resident indicates that pain interfered with daily activities.
- Code 9, unable to answer: if the resident is unable to answer the question, does not respond or gives a nonsensical response. Proceed to items J0600 AND J0700.

J0500: Pain Effect on Function (5-Day Look Back) (cont.)



Examples for J0500A, Over the Past 5 Days, Has Pain Made It Hard for You to Sleep at Night?

1. Mrs. D. responds, "I had a little back pain from being in the wheelchair all day, but it felt so much better when I went to bed. I slept like a baby."

Coding: J0500A would be coded 0, no.

Rationale: Mrs. D. reports no sleep problems related to pain.

2. Mr. E. responds, "I can't sleep at all in this place."

The interviewer clarifies by saying, "You can't sleep here. Would you say that was because pain made it hard for you to sleep at night?"

Mr. E. responds, "No. It has nothing to do with me. I have no pain. It is because everyone is making so much noise."

Coding: J0500A would be coded 0, no.

Rationale: Mr. E. reports that his sleep problems are not related to pain.

3. Miss G. responds, "Yes, the back pain makes it hard to sleep. I have to ask for extra pain medicine, and I still wake up several times during the night because my back hurts so much."

Coding: J0500A would be coded 1, yes.

Rationale: The resident reports pain-related sleep problems.

Examples for J0500B, Over the Past 5 Days, Have You Limited Your Day-to-day Activities because of Pain?

1. Ms. L. responds, "No, I had some pain on Wednesday, but I didn't want to miss the shopping trip, so I went."

Coding: J0500B would be coded 0, no.

Rationale: Although Ms. L. reports pain, she did not limit her activity because of it.

2. Mrs. N. responds, "Yes, I haven't been able to play the piano, because my shoulder hurts."

Coding: J0500B would be coded 1, yes.

Rationale: Mrs. N. reports limiting her activities because of pain.

3. Mrs. S. responds, "I don't know. I have not tried to knit since my finger swelled up yesterday, because I am afraid it might hurt even more than it does now."

Coding: J0500B would be coded 1, yes.

Rationale: Resident avoided a usual activity because of fear that her pain would increase.

4. Mr. Q. responds, "I don't like painful activities."

Interviewer repeats question and Mr. Q. responds, "I designed a plane one time."

Coding: J0500B would be coded 9, unable to answer.

Rationale: Resident has provided a nonsensical answer to the question. Proceed to items J0600 AND J0700.

J0600: Pain Intensity (5-Day Look Back)



| J0600. Pain Intensity - Administer ONLY ONE of the following pain intensity questions (A or B) | |
|---|---|
| Enter Rating <input type="text"/> | A. Numeric Rating Scale (00-10) Ask resident: "Please rate your worst pain over the last 5 days on a zero to ten scale, with zero being no pain and ten as the worst pain you can imagine." (Show resident 00-10 pain scale) Enter two-digit response. Enter 99 if unable to answer. |
| Enter Code <input type="text"/> | B. Verbal Descriptor Scale Ask resident: "Please rate the intensity of your worst pain over the last 5 days." (Show resident verbal scale) <ol style="list-style-type: none"> 1. Mild 2. Moderate 3. Severe 4. Very severe, horrible 9. Unable to answer |

Steps for Assessment

- You may use either **Numeric Rating Scale** item (J0600A) or **Verbal Descriptor Scale** item (J0600B) to interview the resident about pain intensity.
 - For each resident, try to use the same scale used on prior assessments.
- If the resident is unable to answer using one scale, the other scale should be attempted.
- Record **either** the **Numeric Rating Scale** item (J0600A) **or** the **Verbal Descriptor Scale** item (J0600B). Leave the response for the unused scale blank.
- Read the question and item choices slowly. While reading, you may show the resident the response options (the **Numeric Rating Scale** or **Verbal Descriptor Scale**) clearly printed on a piece of paper, such as a cue card. Use large, clear print.
 - For the **Numeric Rating Scale**, say, "Please rate your worst pain over the last 5 days with zero being no pain, and ten as the worst pain you can imagine."
 - For **Verbal Descriptor Scale**, say, "Please rate the intensity of your worst pain over the last 5 days."
- The resident may provide a verbal response, point to the written response, or both.

Coding Instructions for J0600A. Numeric Rating Scale (00-10)

Enter the two digit number (00-10) indicated by the resident as corresponding to the intensity of his or her worst pain during the 5-day look-back period, where zero is no pain, and 10 is the worst pain imaginable.

- Enter 99 if unable to answer.
- If the Numeric Rating Scale is not used, leave the response box blank.

Coding Instructions for J0600B. Verbal Descriptor Scale

- Code 1, mild: if resident indicates that his or her pain is "mild."
- Code 2, moderate: if resident indicates that his or her pain is "moderate."
- Code 3, severe: if resident indicates that his or her pain is "severe."
- Code 4, very severe, horrible: if resident indicates that his or her pain is "very severe or horrible."

J0600: Pain Intensity (cont.)



- Code 9, unable to answer: if resident is unable to answer, chooses not to respond, does not respond or gives a nonsensical response. Proceed to item J0700.
- If the **Verbal Descriptor Scale** is not used, leave the response box blank.

Examples for J0600A. Numeric Rating Scale (00-10)

1. The nurse asks Ms. T. to rate her pain on a scale of 0 to 10. Ms. T. states that she is not sure, because she has shoulder pain and knee pain, and sometimes it is really bad, and sometimes it is OK. The nurse reminds Ms. T. to think about all the pain she had during the last 5 days and select the number that describes her worst pain. She reports that her pain is a “6.”

Coding: J0600A would be coded 06.

Rationale: The resident said her pain was 6 on the 0 to 10 scale. Because a 2-digit number is required, it is entered as 06.

2. The nurse asks Mr. S. to rate his pain, reviews use of the scale, and provides the 0 to 10 visual aid. Mr. S. says, “My pain doesn’t have any numbers.” The nurse explains that the numbers help the staff understand how severe his pain is, and repeats that the “0” end is no pain and the “10” end is the worst pain imaginable. Mr. S. replies, “I don’t know where it would fall.”

Coding: Item J0600A would be coded 99, unable to answer. The interviewer would go on to ask about pain intensity using the **Verbal Descriptor Scale** item (J0600B).

Rationale: The resident was unable to select a number or point to a location on the 0-10 scale that represented his level of pain intensity.

Examples for J0600B. Verbal Descriptor Scale

1. The nurse asks Mr. R. to rate his pain using the verbal descriptor scale. He looks at the response options presented using a cue card and says his pain is “severe” sometimes, but most of the time it is “mild.”

Coding: J0600B would be coded 3, severe.

Rationale: The resident said his worst pain was “Severe.”

2. The nurse asks Ms. U. to rate her pain, reviews use of the verbal descriptor scale, and provides a cue card as a visual aid. Ms. U. says, “I’m not sure whether it’s mild or moderate.” The nurse reminds Ms. U. to think about her worst pain during the last 5 days. Ms. U. says “At its worst, it was moderate.”

Coding: Item J0600B would be coded 2, moderate.

Rationale: The resident indicated that her worst pain was “Moderate.”

J0700: Should the Staff Assessment for Pain be Conducted? (5-Day Look Back)

| J0700. Should the Staff Assessment for Pain be Conducted? | |
|---|--|
| Enter Code <input type="checkbox"/> | 0. No (J0400 = 1 thru 4) → Skip to J1100, Shortness of Breath (dyspnea) 1. Yes (J0400 = 9) → Continue to J0800, Indicators of Pain or Possible Pain |

Item Rationale

Item J0700 closes the pain interview and determines if the resident interview was complete or incomplete and based on this determination, whether a staff assessment needs to be completed.

Health-related Quality of Life

- Resident interview for pain is preferred because it improves the detection of pain. However, a small percentage of residents are unable or unwilling to complete the pain interview.
- Persons unable to complete the pain interview may still have pain.

Planning for Care

- Resident self-report is the most reliable means of assessing pain. However, when a resident is unable to provide the information, staff assessment is necessary.
- Even though the resident was unable to complete the interview, important insights may be gained from the responses that were obtained, observing behaviors and observing the resident's affect during the interview.

DEFINITION

COMPLETED INTERVIEW

The pain interview is successfully completed if the resident reported no pain (answered No to J0300), or if the resident reported pain (J0300=yes) and the follow-up question J0400 is answered.

Steps for Assessment

1. Review the resident's responses to items J0200-J0400.
2. The **Staff Assessment for Pain** should only be completed if the **Pain Assessment Interview** (J0200-J0600) was not completed.

Coding Instructions for J0700. Should the Staff Assessment for Pain be Conducted? This item is to be coded at the completion of items J0400-J0600.

- Code 0, no: if the resident completed the **Pain Assessment Interview** item (J0400 = 1, 2, 3, or 4. Skip to **Shortness of Breath (dyspnea)** item (J1100).
- Code 1, yes: if the resident was unable to complete the **Pain Assessment Interview** (J0400 = 9). Continue to **Indicators of Pain or Possible Pain** item (J0800).

J0800: Indicators of Pain (5-Day Look Back)

*Complete this item only if the **Pain Assessment Interview** (J0200-J0600) was not completed.*

| Staff Assessment for Pain | |
|--|--|
| J0800. Indicators of Pain or Possible Pain in the last 5 days | |
| ↓ Check all that apply | |
| <input type="checkbox"/> | A. Non-verbal sounds (e.g., crying, whining, gasping, moaning, or groaning) |
| <input type="checkbox"/> | B. Vocal complaints of pain (e.g., that hurts, ouch, stop) |
| <input type="checkbox"/> | C. Facial expressions (e.g., grimaces, winces, wrinkled forehead, furrowed brow, clenched teeth or jaw) |
| <input type="checkbox"/> | D. Protective body movements or postures (e.g., bracing, guarding, rubbing or massaging a body part/area, clutching or holding a body part during movement) |
| <input type="checkbox"/> | Z. None of these signs observed or documented → If checked, skip to J1100, Shortness of Breath (dyspnea) |

Item Rationale

Health-related Quality of Life

- Residents who cannot verbally communicate about their pain are at particularly high risk for underdetection and undertreatment of pain.
- Severe cognitive impairment may affect the ability of residents to verbally communicate, thus limiting the availability of self-reported information about pain. In this population, fewer complaints may not mean less pain.
- Individuals who are unable to verbally communicate may be more likely to use alternative methods of expression to communicate their pain.
- Even in this population some verbal complaints of pain may be made and should be taken seriously.

Planning for Care

- Consistent approach to observation improves the accuracy of pain assessment for residents who are unable to verbally communicate their pain.
- Particular attention should be paid to using the indicators of pain during activities when pain is most likely to be demonstrated (e.g., bathing, transferring, dressing, walking and potentially during eating).
- Staff must carefully monitor, track, and document any possible signs and symptoms of pain.
- Identification of these pain indicators can:
 - provide a basis for more comprehensive pain assessment,
 - provide a basis for determining appropriate treatment, and
 - provide a basis for ongoing monitoring of pain presence and treatment response.
- If pain indicators are present, assessment should identify aggravating/alleviating factors related to pain.

J0800: Indicators of Pain (cont.)

Steps for Assessment

1. Review the medical record for documentation of each indicator of pain listed in J0800 that occurred during the 5-day look-back period. If the record documents the presence of any of the signs and symptoms listed, confirm your record review with the direct care staff on all shifts who work most closely with the resident during activities of daily living (ADL).
2. Interview staff because the medical record may fail to note all observable pain behaviors. For any indicators that were not noted as present in medical record review, interview direct care staff on all shifts who work with the resident during ADL. Ask directly about the presence of each indicator that was not noted as being present in the record.
3. Observe resident during care activities. If you observe additional indicators of pain during the 5-day look-back period, code the corresponding items.
 - Observations for pain indicators may be more sensitive if the resident is observed during ADL, or wound care.

Coding Instructions

Check all that apply in the past 5 days based on staff observation of pain indicators.

- If the medical record review and the interview with direct care providers and observation on all shifts provide no evidence of pain indicators, Check J0800Z, None of these **signs observed or documented**, and proceed to **Shortness of Breath** item (J1100).
- Check J0800A, nonverbal sounds: included but not limited to if crying, whining, gasping, moaning, or groaning were observed or reported during the look-back period.
- Check J0800B, vocal complaints of pain: included but not limited to if the resident was observed to make vocal complaints of pain (e.g. "that hurts," "ouch," or "stop").
- Check J0800C, facial expressions: included but not limited to if grimaces, wincing, wrinkled forehead, furrowed brow, clenched teeth or jaw were observed or reported during the look-back period.
- Check J0800D, protective body movements or postures: included but not limited to if bracing, guarding, rubbing or massaging a body part/area, or clutching or holding a body part during movement were observed or reported during the look-back period.

DEFINITIONS

NON VERBAL SOUNDS
e.g., crying, whining, gasping, moaning, groaning or other audible indications associated with pain.

VOCAL COMPLAINTS OF PAIN
e.g., "That hurts," "ouch," "stop," etc.

FACIAL EXPRESSIONS THAT MAY BE INDICATORS OF PAIN
e.g., grimaces, wincing, wrinkled forehead, furrowed brow, clenched teeth or jaw, etc.

PROTECTIVE BODY MOVEMENTS OR POSTURES
e.g., bracing, guarding, rubbing or massaging a body part/area, clutching or holding a body part during movement, etc.

J0800: Indicators of Pain (cont.)

- Check J0800Z, none of these signs observed or documented: if none of these signs were observed or reported during the look-back period.

Coding Tips

- Behavior change, depressed mood, rejection of care and decreased activity participation may be related to pain. These behaviors and symptoms are identified in other sections and not reported here as pain screening items. However, the contribution of pain should be considered when following up on those symptoms and behaviors.

Examples

1. Mr. P. has advanced dementia and is unable to verbally communicate. A note in his medical record documents that he has been awake during the last night crying and rubbing his elbow. When you go to his room to interview the certified nurse aide (CNA) caring for him, you observe Mr. P. grimacing and clenching his teeth. The CNA reports that he has been moaning and said “ouch” when she tried to move his arm.

Coding: Nonverbal Sounds item (J0800A); Vocal Complaints of Pain item (J0800B); Facial Expressions item (J0800C); and Protective Body Movements or Postures item (J0800D), would be checked.

Rationale: Mr. P. has demonstrated vocal complaints of pain (ouch), nonverbal sounds (crying and moaning), facial expression of pain (grimacing and clenched teeth), and protective body movements (rubbing his elbow).

2. Mrs. M. has end-stage Parkinson’s disease and is unable to verbally communicate. There is no documentation of pain in her medical record during the 5-day look-back period. The CNAs caring for her report that on some mornings she moans and winces when her arms and legs are moved during morning care. During direct observation, you note that Mrs. M. cries and attempts to pull her hand away when the CNA tries to open the contracted hand to wash it.

Coding: **Nonverbal Sounds** items (J0800A); **Facial Expressions** item (J0800C); and **Protective Body Movements or Postures** item (J0800D), would be checked.

Rationale: Mrs. M. has demonstrated nonverbal sounds (crying, moaning); facial expression of pain (wince), and protective body movements (attempt to withdraw).

3. Mrs. E. has been unable to verbally communicate following a massive cerebrovascular accident (CVA) several months ago and has a Stage 3 pressure ulcer. There is no documentation of pain in her medical record. The CNA who cares for her reports that she does not seem to have any pain. You observe the resident during her pressure ulcer dressing change. During the treatment, you observe groaning, facial grimaces, and a wrinkled forehead.

Coding: **Nonverbal Sounds** item (J0800A), and **Facial Expressions** item (J0800C), would be checked.

Rationale: The resident has demonstrated nonverbal sounds (groaning) and facial expression of pain (wrinkled forehead and grimacing).

J0800: Indicators of Pain (cont.)

Examples (cont.)

- Mr. S. is in a persistent vegetative state following a traumatic brain injury. He is unable to verbally communicate. There is no documentation of pain in his medical record during the 5-day look-back period. The CNA reports that he appears comfortable whenever she cares for him. You observe the CNA providing morning care and transferring him from bed to chair. No pain indicators are observed at any time.

Coding: None of These Signs Observed or Documented item (J0800Z), would be checked.

Rationale: All steps for the assessment have been followed and no pain indicators have been documented, reported or directly observed.

J0850: Frequency of Indicator of Pain or Possible Pain (5-Day Look Back)

| J0850. Frequency of Indicator of Pain or Possible Pain in the last 5 days | |
|---|---|
| Enter Code | Frequency with which resident complains or shows evidence of pain or possible pain |
| <input type="checkbox"/> | <ol style="list-style-type: none"> Indicators of pain or possible pain observed 1 to 2 days Indicators of pain or possible pain observed 3 to 4 days Indicators of pain or possible pain observed daily |

Item Rationale

Health-related Quality of Life

- Unrelieved pain adversely affects function and mobility contributing to dependence, skin breakdown, contractures, and weight loss.
- Pain significantly adversely affects a person's quality of life and is tightly linked to depression, diminished self-confidence and self-esteem, as well as to an increase in behavior problems, particularly for cognitively impaired residents.

Planning for Care

- Assessment of pain frequency provides:
 - A basis for evaluating treatment need and response to treatment.
 - Information to aide in identifying optimum timing of treatment.

Steps for Assessment

- Review medical record and interview staff and direct caregivers to determine the number of days the resident either complained of pain or showed evidence of pain as described in J0800 over the past 5 days.

J0850: Frequency of Indicator of Pain or Possible Pain (cont.)

Coding Instructions

Code for pain frequency over the last 5 days.

- Code 1: if based on staff observation, the resident complained or showed evidence of pain 1 to 2 days.
- Code 2: if based on staff observation, the resident complained or showed evidence of pain on 3 to 4 of the last 5 days.
- Code 3: if based on staff observation, the resident complained or showed evidence of pain on a daily basis.

Examples

1. Mr. M. is an 80-year old male with advanced dementia. During the 5-day look-back period, Mr. M. was noted to be grimacing and verbalizing “ouch” over the past 2 days when his right shoulder was moved.

Coding: Item J0850 would be coded 1, indicators of pain observed 1 to 2 days.

Rationale: He has demonstrated vocal complaints of pain (“ouch”), facial expression of pain (grimacing) on 2 of the last 5 days.

2. Mrs. C. is a 78-year old female with a history of CVA with expressive aphasia and dementia. During the 5-day look-back period, the resident was noted on a daily basis to be rubbing her right knee and grimacing.

Coding: Item J0850 would be coded 3, indicators of pain observed daily.

Rationale: The resident was observed with a facial expression of pain (grimacing) and protective body movements (rubbing her knee) every day during the look-back period.

J1100: Shortness of Breath (dyspnea)

| J1100. Shortness of Breath (dyspnea) | |
|--------------------------------------|--|
| ↓ Check all that apply | |
| <input type="checkbox"/> | A. Shortness of breath or trouble breathing with exertion (e.g., walking, bathing, transferring) |
| <input type="checkbox"/> | B. Shortness of breath or trouble breathing when sitting at rest |
| <input type="checkbox"/> | C. Shortness of breath or trouble breathing when lying flat |
| <input type="checkbox"/> | Z. None of the above |

Item Rationale

Health-related Quality of Life

- Shortness of breath can be an extremely distressing symptom to residents and lead to decreased interaction and quality of life.
- Some residents compensate for shortness of breath by limiting activity. They sometimes compensate for shortness of breath when lying flat by elevating the head of the bed and do not alert caregivers to the problem.

J1100: Shortness of Breath (dyspnea) (cont.)

Planning for Care

- Shortness of breath can be an indication of a change in condition requiring further assessment and should be explored.
- The care plan should address underlying illnesses that may exacerbate symptoms of shortness of breath as well as symptomatic treatment for shortness of breath when it is not quickly reversible.

Steps for Assessment

Interview the resident about shortness of breath. Many residents, including those with mild to moderate dementia, may be able to provide feedback about their own symptoms.

1. If the resident is not experiencing shortness of breath or trouble breathing during the interview, ask the resident if shortness of breath occurs when he or she engages in certain activities.
2. Review the medical record for staff documentation of the presence of shortness of breath or trouble breathing. Interview staff on all shifts, and family/significant other regarding resident history of shortness of breath, allergies or other environmental triggers of shortness of breath.
3. Observe the resident for shortness of breath or trouble breathing. Signs of shortness of breath include: increased respiratory rate, pursed lip breathing, a prolonged expiratory phase, audible respirations and gasping for air at rest, interrupted speech pattern (only able to say a few words before taking a breath) and use of shoulder and other accessory muscles to breathe.
4. If shortness of breath or trouble breathing is observed, note whether it occurs with certain positions or activities.

Coding Instructions

Check all that apply during the 7-day look-back period.

Any evidence of the presence of a symptom of shortness of breath should be captured in this item. A resident may have any combination of these symptoms.

- Check J1100A: if shortness of breath or trouble breathing is present when the resident is engaging in activity. Shortness of breath could be present during activity as limited as turning or moving in bed during daily care or with more strenuous activity such as transferring, walking, or bathing. If the resident avoids activity or is unable to engage in activity because of shortness of breath, then code this as present.
- Check J1100B: if shortness of breath or trouble breathing is present when the resident is sitting at rest.
- Check J1100C: if shortness of breath or trouble breathing is present when the resident attempts to lie flat. Also code this as present if the resident avoids lying flat because of shortness of breath.
- Check J1100Z: if the resident reports no shortness of breath or trouble breathing and the medical record and staff interviews indicate that shortness of breath appears to be absent or well controlled with current medication.

J1100: Shortness of Breath (dyspnea) (cont.)

Examples

1. Mrs. W. has diagnoses of chronic obstructive pulmonary disease (COPD) and heart failure. She is on 2 liters of oxygen and daily respiratory treatments. With oxygen she is able to ambulate and participate in most group activities. She reports feeling “winded” when going on outings that require walking one or more blocks and has been observed having to stop to rest several times under such circumstances. Recently, she describes feeling “out of breath” when she tries to lie down.

Coding: J1100A and J1100C would be checked.

Rationale: Mrs. W. reported being short of breath when lying down as well as during outings that required ambulating longer distances.

2. Mr. T. has used an inhaler for years. He is not typically noted to be short of breath. Three days ago, during a respiratory illness, he had mild trouble with his breathing, even when sitting in bed. His shortness of breath also caused him to limit group activities.

Coding: J1100A and J1100B would be checked.

Rationale: Mr. T. was short of breath at rest and was noted to avoid activities because of shortness of breath.

J1300: Current Tobacco Use

| J1300. Current Tobacco Use | |
|----------------------------|-------------|
| Enter Code | Tobacco use |
| <input type="checkbox"/> | 0. No |
| | 1. Yes |

Item Rationale

Health-related Quality of Life

- The negative effects of smoking can shorten life expectancy and create health problems that interfere with daily activities and adversely affect quality of life.

Planning for Care

- This item opens the door to negotiation of a plan of care with the resident that includes support for smoking cessation.
- If cessation is declined, a care plan that allows safe and environmental accommodation of resident preferences is needed.

Steps for Assessment

1. Ask the resident if he or she used tobacco in any form during the 7-day look-back period.
2. If the resident states that he or she used tobacco in some form during the 7-day look-back period, **code 1, yes**.

DEFINITION

TOBACCO USE
Includes tobacco used in any form.

J1300: Current Tobacco Use (cont.)

3. If the resident is unable to answer or indicates that he or she did not use tobacco of any kind during the look-back period, review the medical record and interview staff for any indication of tobacco use by the resident during the look-back period.

Coding Instructions

- Code 0, no: if there are no indications that the resident used any form of tobacco.
- Code 1, yes: if the resident or any other source indicates that the resident used tobacco in some form during the look-back period.

J1400: Prognosis

| J1400. Prognosis | |
|--------------------------|---|
| Enter Code | Does the resident have a condition or chronic disease that may result in a life expectancy of less than 6 months? (Requires physician documentation) |
| <input type="checkbox"/> | 0. No |
| | 1. Yes |

Item Rationale

Health-related Quality of Life

- Residents with conditions or diseases that may result in a life expectancy of less than 6 months have special needs and may benefit from palliative or hospice services in the nursing home.

Planning for Care

- If life expectancy is less than 6 months, interdisciplinary team care planning should be based on the resident's preferences for goals and interventions of care whenever possible.

Steps for Assessment

1. Review the medical record for documentation by the physician that the resident's condition or chronic disease may result in a life expectancy of less than 6 months, or that they have a terminal illness.
2. If the physician states that the resident's life expectancy may be less than 6 months, request that he or she document this in the medical record. Do not code until there is documentation in the medical record.
3. Review the medical record to determine whether the resident is receiving hospice services.

DEFINITION

CONDITION OR CHRONIC DISEASE THAT MAY RESULT IN A LIFE EXPECTANCY OF LESS THAN 6 MONTHS

In the physician's judgment, the resident has a diagnosis or combination of clinical conditions that have advanced (or will continue to deteriorate) to a point that the average resident with that level of illness would not be expected to survive more than 6 months.

This judgment should be substantiated by a physician note. It can be difficult to pinpoint the exact life expectancy for a single resident. Physician judgment should be based on typical or average life expectancy of residents with similar level of disease burden as this resident.

J1400: Prognosis (cont.)

Coding Instructions

- Code 0, no: if the medical record does not contain physician documentation that the resident is terminally ill and the resident is not receiving hospice services.
- Code 1, yes: if the medical record includes physician documentation: 1) that the resident is terminally ill; or 2) the resident is receiving hospice services.

Examples

1. Mrs. T. has a diagnosis of heart failure. During the past few months, she has had three hospital admissions for acute heart failure. Her heart has become significantly weaker despite maximum treatment with medications and oxygen. Her physician has discussed her deteriorating condition with her and her family and has documented that her prognosis for survival beyond the next couple of months is poor.

Coding: J1400 would be coded 1, yes.

Rationale: The physician documented that her life expectancy is likely to be less than 6 months.

2. Mr. J. was diagnosed with non-small cell lung cancer that is metastatic to his bone. He is not a candidate for surgical or curative treatment. With his consent, Mr. J. has been referred to hospice by his physician, who documented that his life expectancy was less than 6 months.

Coding: J1400 would be coded 1, yes.

Rationale: The physician referred the resident to hospice and documented that his life expectancy is likely to be less than 6 months.

DEFINITIONS

HOSPICE SERVICES

A program for terminally ill persons where an array of services is provided for the palliation and management of terminal illness and related conditions. The hospice must be licensed by the state as a hospice provider and/or certified under the Medicare program as a hospice provider. Under the hospice program benefit regulations, a physician is required to document in the medical record a life expectancy of less than 6 months, so if a resident is on hospice the expectation is that the documentation is in the medical record.

TERMINALLY ILL

"Terminally ill" means that the individual has a medical prognosis that his or her life expectancy is 6 months or less if the illness runs its normal course.

J1550: Problem Conditions

| J1550. Problem Conditions | |
|---------------------------|----------------------|
| ↓ Check all that apply | |
| <input type="checkbox"/> | A. Fever |
| <input type="checkbox"/> | B. Vomiting |
| <input type="checkbox"/> | C. Dehydrated |
| <input type="checkbox"/> | D. Internal bleeding |
| <input type="checkbox"/> | Z. None of the above |

J1550: Problem Conditions (cont.)

Intent: This item provides an opportunity for screening in the areas of fever, vomiting, fluid deficits, and internal bleeding. Clinical screenings provide indications for further evaluation, diagnosis and clinical care planning.

Item Rationale

Health-related Quality of Life

- Timely assessment is needed to identify underlying causes and risk for complications.

Planning for Care

- Implementation of care plans to treat underlying causes and avoid complications is critical.

Steps for Assessment

1. Review the medical record, interview staff on all shifts and observe the resident for any indication that the resident had vomiting, fever, potential signs of dehydration, or internal bleeding during the 7-day look-back period.

Coding Instructions

Check all that apply (blue box)

- **J1550A**, fever
- **J1550B**, vomiting
- **J1550C**, dehydrated
- **J1550D**, internal bleeding
- **J1550Z**, none of the above

Coding Tips

- **Fever:** Fever is defined as a temperature 2.4 degrees F higher than baseline. The resident's baseline temperature should be established prior to the Assessment Reference Date.
- **Fever assessment prior to establishing base line temperature:** A temperature of 100.4 degrees F (38 degrees C) on admission (i.e., prior to the establishment of the baseline temperature) would be considered a fever.
- **Vomiting:** Regurgitation of stomach contents; may be caused by many factors (e.g., drug toxicity, infection, psychogenic).

J1550: Problem Conditions (cont.)

- **Dehydrated:** Check this item if the resident presents with two or more of the following potential indicators for dehydration:
 1. Resident takes in less than the recommended 1,500 ml of fluids daily (water or liquids in beverages and water in foods with high fluid content, such as gelatin and soups). Note: The recommended intake level has been changed from 2,500 ml to 1,500 ml to reflect current practice standards.
 2. Resident has one or more potential clinical signs (indicators) of dehydration, **including but not limited to** dry mucous membranes, poor skin turgor, cracked lips, thirst, sunken eyes, dark urine, new onset or increased confusion, fever, or abnormal laboratory values (e.g., elevated hemoglobin and hematocrit, potassium chloride, sodium, albumin, blood urea nitrogen, or urine specific gravity).
 3. Resident's fluid loss exceeds the amount of fluids he or she takes in (e.g., loss from vomiting, fever, diarrhea that exceeds fluid replacement).
- **Internal Bleeding:** Bleeding may be frank (such as bright red blood) or occult (such as guaiac positive stools). Clinical indicators include black, tarry stools, vomiting "coffee grounds," hematuria (blood in urine), hemoptysis (coughing up blood), and severe epistaxis (nosebleed) that requires packing. However, nose bleeds that are easily controlled, menses, or a urinalysis that shows a small amount of red blood cells should not be coded as internal bleeding.

J1700: Fall History on Admission/Entry or Reentry

| J1700. Fall History on Admission/Entry or Reentry | |
|---|--|
| Complete only if A0310A = 01 or A0310E = 1 | |
| Enter Code <input type="checkbox"/> | A. Did the resident have a fall any time in the last month prior to admission/entry or reentry? 0. No 1. Yes 9. Unable to determine |
| Enter Code <input type="checkbox"/> | B. Did the resident have a fall any time in the last 2-6 months prior to admission/entry or reentry? 0. No 1. Yes 9. Unable to determine |
| Enter Code <input type="checkbox"/> | C. Did the resident have any fracture related to a fall in the 6 months prior to admission/entry or reentry? 0. No 1. Yes 9. Unable to determine |

Item Rationale

Health-related Quality of Life

- Falls are a leading cause of injury, morbidity, and mortality in older adults.
- A previous fall, especially a recent fall, recurrent falls, and falls with significant injury are the most important predictors of risk for future falls and injurious falls.
- Persons with a history of falling may limit activities because of a fear of falling and should be evaluated for reversible causes of falling.

J1700: Fall History on Admission (cont.)

Planning for Care

- Determine the potential need for further assessment and intervention, including evaluation of the resident's need for rehabilitation or assistive devices.
- Evaluate the physical environment as well as staffing needs for residents who are at risk for falls.

Steps for Assessment

The period of review is 180 days (6 months) prior to admission, looking back from the resident's entry date (A1600).

1. Ask the resident and family or significant other about a history of falls in the month prior to admission and in the 6 months prior to admission. This would include any fall, no matter where it occurred.
2. Review inter-facility transfer information (if the resident is being admitted from another facility) for evidence of falls.
3. Review all relevant medical records received from facilities where the resident resided during the previous 6 months; also review any other medical records received for evidence of one or more falls.

Coding Instructions for J1700A, Did the Resident Have a Fall Any Time in the Last Month Prior to Admission/Entry or Reentry?

- Code 0, no: if resident and family report no falls and transfer records and medical records do not document a fall in the month preceding the resident's entry date item (A1600).
- Code 1, yes: if resident or family report or transfer records or medical records document a fall in the month preceding the resident's entry date item (A1600).
- Code 9, unable to determine: if the resident is unable to provide the information or if the resident and family are not available or do not have the information and medical record information is inadequate to determine whether a fall occurred.

DEFINITION

FALL

Unintentional change in position coming to rest on the ground, floor or onto the next lower surface (e.g., onto a bed, chair, or bedside mat). The fall may be witnessed, reported by the resident or an observer or identified when a resident is found on the floor or ground. Falls include any fall, no matter whether it occurred at home, while out in the community, in an acute hospital or a nursing home. Falls are not a result of an overwhelming external force (e.g., a resident pushes another resident).

An intercepted fall occurs when the resident would have fallen if he or she had not caught him/herself or had not been intercepted by another person – this is still considered a fall.

J1700: Fall History on Admission (cont.)

Coding Instructions for J1700B, Did the Resident Have a Fall Any Time in the Last 2-6 Months prior to Admission/Entry or Reentry?

- Code 0, no: if resident and family report no falls and transfer records and medical records do not document a fall in the 2-6 months prior to the resident's entry date item (A1600).
- Code 1, yes: if resident or family report or transfer records or medical records document a fall in the 2-6 months prior to the resident's entry date item (A1600).
- Code 9, unable to determine: if the resident is unable to provide the information, **or** if the resident and family are not available or do not have the information, and medical record information is inadequate to determine whether a fall occurred.

Coding Instructions for J1700C. Did the Resident Have Any Fracture Related to a Fall in the 6 Months prior to Admission/Entry or Reentry?

- Code 0, no: if resident and family report no fractures related to falls and transfer records and medical records do not document a fracture related to fall in the 6 months (0-180 days) preceding the resident's entry date item (A1600).
- Code 1, yes: if resident or family report or transfer records or medical records document a fracture related to fall in the 6 months (0-180 days) preceding the resident's entry date item (A1600).
- Code 9, unable to determine: if the resident is unable to provide the information, **or** if the resident and family are not available or do not have the information, and medical record information is inadequate to determine whether a fall occurred.

DEFINITION

FRACTURE RELATED TO A FALL

Any documented bone fracture (in a problem list from a medical record, an x-ray report, or by history of the resident or caregiver) that occurred as a direct result of a fall or was recognized and later attributed to the fall. Do not include fractures caused by trauma related to car crashes or pedestrian versus car accidents or impact of another person or object against the resident.

Examples

1. On admission interview, Mrs. J. is asked about falls and says she has "not really fallen." However, she goes on to say that when she went shopping with her daughter about 2 weeks ago, her walker got tangled with the shopping cart and she slipped down to the floor.

Coding: J1700A would be coded 1, yes.

Rationale: Falls caused by slipping meet the definition of falls.

J1700: Fall History on Admission (cont.)

2. On admission interview a resident denies a history of falling. However, her daughter says that she found her mother on the floor near her toilet twice about 3-4 months ago.

Coding: J1700B would be coded 1, yes.

Rationale: If the individual is found on the floor, a fall is assumed to have occurred.

3. On admission interview, Mr. M. and his family deny any history of falling. However, nursing notes in the transferring hospital record document that Mr. M. repeatedly tried to get out of bed unassisted at night to go to the bathroom and was found on a mat placed at his bedside to prevent injury the week prior to nursing home transfer.

Coding: J1700A would be coded 1, yes.

Rationale: Medical records from an outside facility document that Mr. M. was found on a mat on the floor. This is defined as a fall.

4. Medical records note that Miss K. had hip surgery 5 months prior to admission to the nursing home. Miss K.'s daughter says the surgery was needed to fix a broken hip due to a fall.

Coding: Both J1700B and J1700C would be coded 1, yes.

Rationale: Miss K. had a fall related fracture 1-6 months prior to nursing home entry.

5. Mr. O.'s hospital transfer record includes a history of osteoporosis and vertebral compression fractures. The record does not mention falls, and Mr. O. denies any history of falling.

Coding: J1700C would be coded 0, no.

Rationale: The fractures were not related to a fall.

6. Ms. P. has a history of a "Colles' fracture" of her left wrist about 3 weeks before nursing home admission. Her son recalls that the fracture occurred when Ms. P. tripped on a rug and fell forward on her outstretched hands.

Coding: Both J1700A and J1700C would be coded 1, yes.

Rationale: Ms. P. had a fall-related fracture less than 1 month prior to entry.

J1800: Any Falls Since Admission/Entry or Reentry or Prior Assessment (OBRA or Scheduled PPS), whichever is more recent

| J1800. Any Falls Since Admission/Entry or Reentry or Prior Assessment (OBRA or Scheduled PPS), whichever is more recent | |
|---|--|
| Enter Code | Has the resident had any falls since admission/entry or reentry or the prior assessment (OBRA or Scheduled PPS), whichever is more recent? |
| <input type="checkbox"/> | 0. No → Skip to K0100, Swallowing Disorder |
| | 1. Yes → Continue to J1900, Number of Falls Since Admission/Entry or Reentry or Prior Assessment (OBRA or Scheduled PPS) |

Item Rationale

Health-related Quality of Life

- Falls are a leading cause of morbidity and mortality among nursing home residents.
- Falls result in serious injury, especially hip fractures.
- Fear of falling can limit an individual's activity and negatively impact quality of life.

DEFINITION

PRIOR ASSESSMENT
Most recent MDS assessment that reported on falls.

J1800: Any Falls Since Admission/Entry or Reentry or Prior Assessment (OBRA or Scheduled PPS), whichever is more recent (cont.)

Planning for Care

- Identification of residents who are at high risk of falling is a top priority for care planning. A previous fall is the most important predictor of risk for future falls.
- Falls may be an indicator of functional decline and development of other serious conditions such as delirium, adverse drug reactions, dehydration, and infections.
- External risk factors include medication side effects, use of appliances and restraints, and environmental conditions.
- A fall should stimulate evaluation of the resident's need for rehabilitation, ambulation aids, modification of the physical environment, or additional monitoring (e.g., toileting, to avoid incontinence).

Steps for Assessment

1. If this is the first assessment (A0310E = 1), review the medical record for the time period from the admission date to the ARD.
2. If this is not the first assessment (A0310E = 0), the review period is from the day after the ARD of the last MDS assessment to the ARD of the current assessment.
3. Review all available sources for any fall since the last assessment, no matter whether it occurred while out in the community, in an acute hospital, or in the nursing home. Include medical records generated in any health care setting since last assessment.
4. Review nursing home incident reports, fall logs and the medical record (physician, nursing, therapy, and nursing assistant notes).
5. Ask the resident and family about falls during the look-back period. Resident and family reports of falls should be captured here whether or not these incidents are documented in the medical record.

Coding Instructions

- Code 0, no: if the resident has not had any fall since the last assessment. Skip to **Swallowing Disorder** item (K0100).
- Code 1, yes: if the resident has fallen since the last assessment. Continue to **Number of Falls Since Admission/Entry or Reentry or Prior Assessment (OBRA or Scheduled PPS)** item (J1900), whichever is more recent.

Examples

1. An incident report describes an event in which Mr. S. was walking down the hall and appeared to slip on a wet spot on the floor. He lost his balance and bumped into the wall, but was able to grab onto the hand rail and steady himself.

Coding: J1800 would be coded 1, yes.

Rationale: An intercepted fall is considered a fall.

J1900: Number of Falls Since Admission/Entry or Reentry or Prior Assessment (OBRA or Scheduled PPS), whichever is more recent

| J1900. Number of Falls Since Admission/Entry or Reentry or Prior Assessment (OBRA or Scheduled PPS), whichever is more recent | |
|---|--|
| | ↓ Enter Codes in Boxes |
| Coding: 0. None 1. One 2. Two or more | <input type="checkbox"/> A. No injury - no evidence of any injury is noted on physical assessment by the nurse or primary care clinician; no complaints of pain or injury by the resident; no change in the resident's behavior is noted after the fall |
| | <input type="checkbox"/> B. Injury (except major) - skin tears, abrasions, lacerations, superficial bruises, hematomas and sprains; or any fall-related injury that causes the resident to complain of pain |
| | <input type="checkbox"/> C. Major injury - bone fractures, joint dislocations, closed head injuries with altered consciousness, subdural hematoma |

Item Rationale

Health-related Quality of Life

- Falls are a leading cause of morbidity and mortality among nursing home residents.
- Falls result in serious injury, especially hip fractures.
- Previous falls, especially recurrent falls and falls with injury, are the most important predictor of future falls and injurious falls.

Planning for Care

- Identification of residents who are at high risk of falling is a top priority for care planning.
- Falls indicate functional decline and other serious conditions such as delirium, adverse drug reactions, dehydration, and infections.
- External risk factors include medication side effects, use of appliances and restraints, and environmental conditions.
- A fall should stimulate evaluation of the resident's need for rehabilitation or ambulation aids and of the need for monitoring or modification of the physical environment.

Steps for Assessment

- If this is the first assessment (A0310E = 1), review the medical record for the time period from the admission date to the ARD.
- If this is not the first assessment (A0310E = 0), the review period is from the day after the ARD of the last MDS assessment to the ARD of the current assessment.

DEFINITION

INJURY RELATED TO A FALL

Any documented injury that occurred as a result of, or was recognized within a short period of time (e.g., hours to a few days) after the fall and attributed to the fall.

DEFINITIONS

INJURY (EXCEPT MAJOR)

Includes skin tears, abrasions, lacerations, superficial bruises, hematomas, and sprains; or any fall-related injury that causes the resident to complain of pain.

MAJOR INJURY

Includes bone fractures, joint dislocations, closed head injuries with altered consciousness, subdural hematoma.

J1900: Number of Falls Since Admission/Entry or Reentry or Prior Assessment (OBRA or Scheduled PPS), whichever is more recent (cont.)

3. Review all available sources for any fall since the last assessment, no matter whether it occurred while out in the community, in an acute hospital, or in the nursing home. Include medical records generated in any health care setting since last assessment. All relevant records received from acute and post-acute facilities where the resident was admitted during the look-back period should be reviewed for evidence of one or more falls.
4. Review nursing home incident reports and medical record (physician, nursing, therapy, and nursing assistant notes) for falls and level of injury.
5. Ask the resident, staff, and family about falls during the look-back period. Resident and family reports of falls should be captured here, whether or not these incidents are documented in the medical record.

Coding Instructions for J1900

Determine the number of falls that occurred since admission/entry or reentry or prior assessment (OBRA or Scheduled PPS) and code the level of fall-related injury for each. Code each fall only once. If the resident has multiple injuries in a single fall, code the fall for the highest level of injury.

Coding Instructions for J1900A, No Injury

- Code 0, none: if the resident had no injurious fall since the admission/entry or reentry or prior assessment (OBRA or Scheduled PPS).
- Code 1, one: if the resident had one non-injurious fall since admission/entry or reentry or prior assessment (OBRA or Scheduled PPS).
- Code 2, two or more: if the resident had two or more non-injurious falls since admission/entry or reentry or prior assessment (OBRA or Scheduled PPS).

Coding Instructions for J1900B, Injury (Except Major)

- Code 0, none: if the resident had no injurious fall (except major) since admission/entry or reentry or prior assessment (OBRA or Scheduled PPS).
- Code 1, one: if the resident had one injurious fall (except major) since admission/entry or reentry or prior assessment (OBRA or Scheduled PPS).
- Code 2, two or more: if the resident had two or more injurious falls (except major) since admission/entry or reentry or prior assessment (OBRA or Scheduled PPS).

Coding Instructions for J1900C, Major Injury

- Code 0, none: if the resident had no major injurious fall since admission/entry or reentry or prior assessment (OBRA or Scheduled PPS).
- Code 1, one: if the resident had one major injurious fall since admission/entry or reentry or prior assessment (OBRA or Scheduled PPS).

J1900: Number of Falls Since Admission/Entry or Reentry or Prior Assessment (OBRA or Scheduled PPS), whichever is more recent (cont.)

- Code 2, two or more: if the resident had two or more major injurious falls since admission/entry or reentry or prior assessment (OBRA or Scheduled PPS).

Examples

1. A nursing note states that Mrs. K. slipped out of her wheelchair onto the floor while at the dining room table. Before being assisted back into her chair, an assessment was completed that indicated no injury.

Coding: J1900A would be coded 1, one

Rationale: Slipping to the floor is a fall. No injury was noted.

2. Nurse's notes describe a situation in which Ms. Z. went out with her family for dinner. When they returned, her son stated that while at the restaurant, she fell in the bathroom. No injury was noted when she returned from dinner.

Coding: J1900A would be coded 1, one

Rationale: Falls during the nursing home stay, even if on outings, are captured here.

3. A nurse's note describes a resident who, while being treated for pneumonia, climbed over his bedrails and fell to the floor. He had a cut over his left eye and some swelling on his arm. He was sent to the emergency room, where X-rays revealed no injury and neurological checks revealed no changes in mental status.

Coding: J1900B would be coded 1, one

Rationale: Lacerations and swelling without fracture are classified as injury (except major).

4. A resident fell, lacerated his head, and head CT scan indicated a subdural hematoma.

Coding: J1900C would be coded 1, one

Rationale: Subdural hematoma is a major injury. The injury occurred as a result of a fall.