

December 22, 2009

## IMPORTANT OASIS-C PRODUCT INFORMATION

For the following items:

Item # **HC1300H** – OASIS-C Start of Care Version & Resumption of Care

Item # **HC1307H** – OASIS-C Physical Therapy Start of Care Version & Resumption of Care

### Clarification Issued on Fall Risk

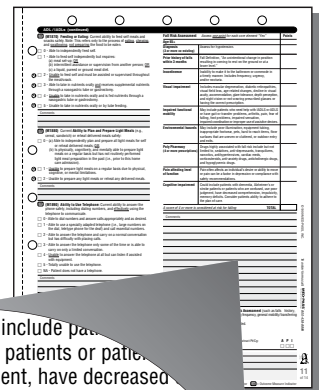
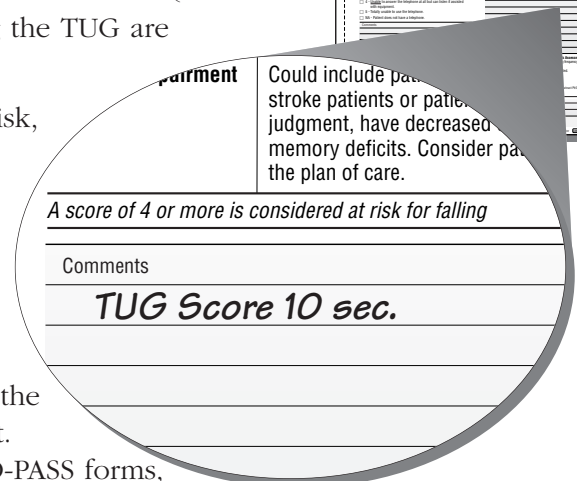
In selecting a **fall risk assessment** for the OASIS-C Start of Care forms for nursing (item # HC1300H) and physical therapy (item # HC1307H), MED-PASS referred to Chapter 5 in the **OASIS-C Guidance Manual** and selected the **Home Care Fall Reduction Initiative Risk Assessment Screening Tool** from Missouri Alliance for Home Care. It was the only multi-factor assessment listed and we believed it met the criteria of a standardized and validated tool.

We learned on December 17, 2009 through a clarification released through the **NAHC Report**, that the **Home Care Fall Reduction Initiative Risk Assessment Screening Tool** as a standalone assessment does not meet the requirement for a standardized and validated tool (see excerpt on Page Two).

The clarification states that the use of the **Home Care Fall Reduction Initiative Risk Assessment Screening Tool in conjunction with** either the Timed Up and Go test (TUG), or Functional Reach Assessment **meet the requirements** of the multi-factorial standardized validated falls risk assessment.

To ensure that your agency meets the requirements of a multi-factorial standardized validated falls risk assessment, we suggest the following:

- Complete the **Home Care Fall Reduction Initiative Risk Assessment Screening Tool** found on your HC1300H / HC1307H form.
- In the Comments section, directly below the fall risk assessment, write in the score for either the TUG or Functional Reach Assessment (see example to the right). (Directions for conducting the TUG are located on Page Two.)
- If your agency has a policy/procedure for Fall Risk, update documentation to reflect the use of both the **Home Care Fall Reduction Initiative Risk Assessment Screening Tool** and **either** the **TUG** or **Functional Reach Assessment**.

parment

Could include patient stroke patients or patient judgment, have decreased memory deficits. Consider patient the plan of care.

A score of 4 or more is considered at risk for falling

Comments

*TUG Score 10 sec.*

As existing inventory is depleted, MED-PASS will reprint affected forms to include prompts for you to document the score of either the TUG or Functional Reach Assessment. If you have any questions regarding these or other MED-PASS forms, please call 800-438-8884.

MED-PASS is partnering with the Missouri Alliance for Home Care to provide you a comprehensive solution to your falls risk assessment. Please visit [www.med-pass.com](http://www.med-pass.com) or [www.homecaremissouri.org](http://www.homecaremissouri.org) for additional information or contact MED-PASS at 800-438-8884 or [sales@med-pass.com](mailto:sales@med-pass.com).

1. Does the falls risk assessment on the [MedQIC website](#) meet CMS criteria for “multi-factor” and “validated?”

**CMS Response:** The multi-factor falls risk assessment must include at least one standardized tool that (1) has been scientifically tested on a population of community dwelling elders and shown to be effective in identifying people at risk for falls and (2) includes a standard response scale. It is the agency’s responsibility to determine if the tools it is considering for the OASIS-C M item best practice assessments meet the requirements as detailed in Chapter 3 of the OASIS-C Guidance Manual and the CMS OASIS OCCB Q&As.

**Note:** *The MedQIC tool referenced in Question #1 is the Missouri Alliance for Home Care’s screening tool. Based on CMS’ response, it does not meet validation requirements at this time. However, the Missouri Alliance is seeking validation of its tool, and NAHC will advise agencies once the process has been completed.*

2. Does this risk assessment screening tool in the resources section of the OASIS C Guidance Manual meet the criteria of a standardized and validated tool? “Home Care Fall Reduction Initiative Risk Assessment Screening Tool (A multi-factor falls risk screening tool from the Missouri Alliance for Home Care, specifically designed for home care patients at Start of Care and Re-certification)”

**CMS Response:** The Missouri Alliance for Home Care (MAHC) tool, at this time, has not undergone the process of validation. The MAHC tool can be used in conjunction with a standardized, validated performance assessment like the TUG (Timed Up and Go) or Functional Reach Assessment to meet the requirements of the multi-factorial standardized validated falls risk assessment.

## **Timed Up and Go Test**

### **Overview:**

The Timed Up and Go (TUG)<sup>1</sup> test measures, in seconds, the time taken by an individual to stand up from a standard arm chair (approximate seat height of 46 cm [18in], arm height 65 cm [25.6 in]), walk a distance of 3 meters (118 inches, approximately 10 feet), turn, walk back to the chair, and sit down. The subject wears his/her regular footwear and uses his/her customary walking aid (cane, walker, etc.). No physical assistance is given. The subject starts with his/her back against the chair, his/her arms resting on the armrests, and walking aid at hand. The subject is instructed that, on the word “**go**” he/she is to get up and walk at a comfortable and safe pace to a line on the floor 3 meters away, turn, return to the chair and sit down again. *The subject walks through the test **once** before being timed in order to become familiar with the test.*

Use either a stopwatch or wristwatch with a second hand to time the test. If using a stopwatch, start the time once the subject is standing and stop the time once the subject is seated.

### **Instructions to the patient:**

*“When I say ‘go’ I want you to stand up and walk to the line, turn and then walk back to the chair and sit down again. Walk at your normal pace.”*

### **Scoring:**

TUG Score \_\_\_\_\_sec.

Walking aid used?      Type of aid: \_\_\_\_\_

Older adults (age 65+) who took 13.5 seconds or longer to perform the TUG were classified as fallers with an overall correct prediction rate of 90%<sup>2</sup>.

<sup>1</sup> Podsiadlo, D., & Richardson, S. (1991). The timed “up & go”: A test of basic functional mobility for frail elderly persons. *Journal of the American Geriatrics Society*, 39, 142-148.

<sup>2</sup> Shumway-Cook A, Baldwin M, Polissar NL, Gruber W. Predicting the probability for falls in community-dwelling older adults. *Phys Ther.* 1997;77:812-819.