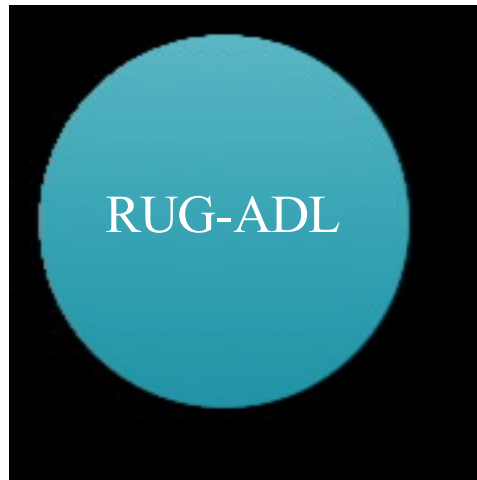


RUG-ADL & AKPS Assessment

Funded under the National Palliative Care Program and is supported by the
Australian Government Department of Health and Ageing.

Functional Assessment Tools

- There are 2 tools that assess function and performance:



Resource Utilisation Group Activities Daily Living (RUG-ADL)

- The RUG-ADL is a 4-item scale measuring motor function with activities of daily living:



Bed mobility

Toileting

Transfer

Eating

- Based on what the person does not what they are capable of doing
- Inform us about the patient's functional status, the assistance they require to carry out these activities and the resources needed for the patient's care

Bed mobility

RUG Item	Score	Definition
Bed mobility		Ability to move in bed after the transfer into bed has been completed
Independent or Supervision only	1	Able to readjust position in bed, and perform own pressure area relief through spontaneous movement around bed or with prompting from carer. No hands-on assistance required. May be independent with the use of a device.
Limited physical assistance	3	Able to readjust position in bed and perform area relief with the assistance of one person.

Bed mobility (continued)

RUG Item	Score	Definition
Bed mobility		Ability to move in bed after the transfer into bed has been completed
Other than two persons physical assist	4	Requires the use of a hoist or other assistive device to readjust position and provide pressure relief. Still requires the assistance of one person for task.
Two or more persons physical assist	5	Requires 2 or more assistants to readjust position in bed and perform pressure area relief.

Toileting

RUG Item	Score	Definition
Toileting		Includes mobilising to the toilet, adjustment of clothing before and after toileting and maintaining perineal hygiene without the incidence of incontinence or soiling of clothes. If level of assistance differs between voiding and bowel movement, record the lower performance
Independent or supervision only	1	Able to mobilise to toilet, adjust clothing, cleanse self and has no incontinence or soiling of clothing. All tasks are performed independently or with prompting from carer. No hands-on assistance required. May be independent with the use of a device.

Toileting (continued)

RUG Item	Score	Definition
Toileting		Includes mobilising to the toilet, adjustment of clothing before and after toileting and maintaining perineal hygiene without the incidence of incontinence or soiling of clothes. If level of assistance differs between voiding and bowel movement, record the lower performance
Limited physical assistance	3	Requires hands-on assistance of one person for one or more of the tasks.

Toileting (continued)

RUG Item	Score	Definition
Toileting		Includes mobilising to the toilet, adjustment of clothing before and after toileting and maintaining perineal hygiene without the incidence of incontinence or soiling of clothes. If level of assistance differs between voiding and bowel movement, record the lower performance
Other than two persons physical assist	4	Requires the use of a catheter/uridome/urinal and/or colostomy/bedpan/commode chair and/or insertion of enema/ suppository. Requires assistance of one person for management of the device.

Toileting (continued)

RUG Item	Score	Definition
Toileting		Includes mobilising to the toilet, adjustment of clothing before and after toileting and maintaining perineal hygiene without the incidence of incontinence or soiling of clothes. If level of assistance differs between voiding and bowel movement, record the lower performance
Two or more persons physical assist	5	Requires two or more assistants to perform any step of the task.

Transfer

RUG Item	Score	Definition
Transfer		Includes the transfer in and out of bed, bed to chair, in and out of shower/tub. Record the lowest performance of the day/night.
Independent or supervision only	1	Able to perform all transfers independently or with prompting from carer. No hands-on assistance required. May be independent with the use of a device.
Limited physical assistance	3	Requires hands-on assistance of one person to perform any transfer of the day/night.

Transfer (continued)

RUG Item	Score	Definition
Transfer		Includes the transfer in and out of bed, bed to chair, in and out of shower/tub. Record the lowest performance of the day/night
Other than two persons physical assist	4	Requires use of a device for any of the transfers performed in the day/night. Requires only one person plus a device to perform the task.
Two or more persons physical assist	5	Requires 2 or more assistants to perform any transfer of the day/night.

Eating

RUG Item	Score	Definition
Eating		Includes the tasks of cutting food, bringing food to mouth and chewing and swallowing food. Does not include preparation of the meal.
Independent or supervision only	1	Once meal has been presented in the customary fashion, able to cut, chew and swallow food independently or with supervision. No hands-on assistance required. If individual relies on parenteral or gastrostomy feeding that he/she administers him/herself, then Score 1.

Eating (continued)

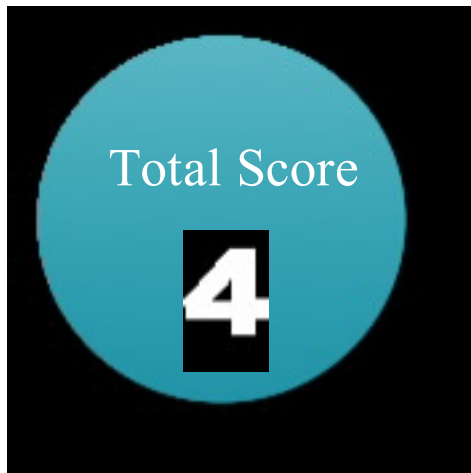
RUG Item	Score	Definition
Eating		Includes the tasks of cutting food, bringing food to mouth and chewing and swallowing food. Does not include preparation of the meal.
Limited assistance	2	Requires hands-on assistance of one person to set up or assist in bringing food to the mouth and/or requires food to be modified (soft or staged diet).

Eating (continued)

RUG Item	Score	Definition
Eating		Includes the tasks of cutting food, bringing food to mouth and chewing and swallowing food. Does not include preparation of the meal.
Extensive assistance/ total dependence/tube fed	3	Person needs to be fed meal by assistant, or the individual does not eat or drink full meals by mouth but relies on parenteral/ gastrostomy feeding and does not administer feeds by him/herself.

How to Assess RUG ADL

- Determine the score for each of the 4 domains, and total the score



= Person is Independent



= Person requires full
assistance of 2
people

Australian-modified Karnofsky Performance Scale (AKPS)

- Assesses performance in three dimensions:



Australian-modified Karnofsky Performance Scale

100	Normal with no complaints or evidence of disease
90	Able to carry on normal activity but with minor signs of illness present
80	Normal activity but requiring effort. Signs and symptoms of disease more prominent
70	Able to care for self, but unable to work or carry on other normal activities
60	Able to care for most needs, but requires occasional assistance
50	Considerable assistance and frequent medical care required
40	In bed more than 50% of the time
30	Almost completely bedfast
20	Totally bedfast and requiring extensive nursing care by professionals and/or family
10	Comatose or barely rousable
0	Death

RUG-ADL & AKPS

Assessment & Documentation

The assessments are undertaken:

A minimum
of daily in the
inpatient setting

At Phase
change

At contact in
consultative
or community
setting
(phone or face-to-
face assessment)

In Summary

Functional assessment using the RUG-ADL and AKPS

Provides a clinical picture:

Level of dependency

Resources required

Indicate carer burden
(community setting)

Assists in:

Prognostication

Discharge Planning

Thank You

For further information please view the resources contained in the PCOC Assessment Toolkit, go to www.pcoc.org.au or contact your Quality Improvement Facilitator