



ADL assistance

Helping residents with their ADLs is the largest part of a CNA's workday. It is important to be able to devote time to each resident and his or her particular needs. These tasks must not be pushed aside, as neglecting ADLs can create serious health problems in the future.

In addition, it is imperative to make residents feel as if they are able to care for themselves with as little assistance as possible, while assuring each individual of his or her own safety, health, and privacy.

This issue will define and explain the importance of the four **late-loss ADLs**. It will cover how CNAs can best assist residents with **eating**, including **techniques and communication**. It will also highlight elderly residents' **nutritional and dietary needs**.

One of the more intimate and difficult ADLs is **bathing**, which this lesson will address by explaining **general guidelines**, **care benefits**, and the effect of bathing on **residents' skin**.

Have a good day of training, and stay tuned for next month's issue of **CNA Training Advisor**, which will cover infection control and bloodborne pathogens.

PROGRAM PREP

Program time

Approximately 30 minutes

Learning objectives

Participants in this activity will learn how to:

- Identify the four late-loss ADLs
- Properly assist residents before, during, and after meals
- Describe elderly residents' nutritional needs
- Properly assist residents with washing and bathing

Preparation

- Review the material on pp. 2–4
- Duplicate the **CNA Professor** insert for participants
- Gather equipment for participants (e.g., an attendance sheet, pencils, etc.)

Method

1. Place a copy of **CNA Professor** and a pencil at each participant's seat
2. Conduct the questionnaire as a pretest or, if participants' reading skills are limited, as an oral posttest
3. Present the program material
4. Review the questionnaire
5. Discuss the answers

Resistant to bathing

Bathing is a highly personal routine. It is a good idea to determine individual preferences for each resident and to do your best to accommodate them. Some residents are resistant to bathing. Never force these residents to bathe. Instead, report the resistance to your supervisor. Often, a simple change in staff members, bathing time, or day will make a resident more agreeable and cooperative.

Quiz answer key

- | | | | | |
|------|------|------|------|-------|
| 1. b | 3. d | 5. d | 7. a | 9. d |
| 2. c | 4. a | 6. c | 8. b | 10. c |

Breaking the ADL Code

Use HCPro's comprehensive video, *Breaking the ADL Code: A Team Approach to MDS 3.0 Documentation*, to train your entire nursing team on the ADL documentation requirements under the MDS 3.0. Familiar scenarios provide concrete examples of each level of scoring, and walk CNAs and RNs through the correct ways to code the four late-loss ADLs. In addition, MDS coordinators will discover how to tabulate the ADL scores of each resident to come up with the final ADL codes.



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