Section F

Preferences for Customary Routine and Activities
Objectives

• State the intent of Section F Preferences for Customary Routine and Activities.

• Identify the two methods for conducting the assessment for customary routine and activities.

• Describe how to conduct an assessment of a resident’s customary routine and activities.

• Code Section F correctly and accurately.
Section F Preferences for Customary Routine & Activities
Importance

• Lack of attention to preferences and activities can result in:
  o Boredom
  o Depressed mood
  o Behavior disturbances

• Resident responses can provide clues:
  o Understanding pain
  o Perceived environmental barriers
  o Perceived functional limitations
Item F0300

Should Interview for Daily and Activity Preferences be Conducted?
F0300 Importance

• Interview allows residents to respond directly.
• Supports individualized daily care and activity planning.
• Family member or significant other can also provide information about routines and preferences.
• Conduct staff assessment if interview is not possible.

F0300. Should Interview for Daily and Activity Preferences be Conducted? – Attempt to interview all residents able to communicate. If resident is unable to complete, attempt to complete interview with family member or significant other.

1. Yes → Continue to F0400, Interview for Daily Preferences
2. No (resident is rarely/never understood and family not available) → Skip to F0700, Should the Staff Assessment of Daily and Activity Preferences be Conducted?
F0300 Conduct the Assessment

- Determine whether or not resident is rarely/never understood.
- Determine if family/significant other is available.
- Review A1100 Language to determine if the resident wants or needs an interpreter.
F0300 Assessment Guidelines

• Conduct the interview if the resident can respond:
  o Verbally
  o By pointing to answers on cue cards
  o By writing out answers

• Interview family member or significant other.
  o Can be a source of useful information about resident preferences
F0300 Coding Instructions

- **Code 0. No.**
  - If the interview should not be attempted with the resident.

- **Code 1. Yes.**
  - If the resident interview should be attempted.

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**Section F**

**Preferences for Customary Routine and Activities**

- **F0300. Should Interview for Daily and Activity Preferences be Conducted?**
  - Attempt to interview all residents able to complete, attempt to complete interview with family member or significant other
  - If resident is unable to complete, attempt to complete interview with family member or significant other
  - **Enter Code**
    - 0. No (resident is rarely/never understood and family/significant other not available) → Skip to and complete F0800, Staff Assessment of Daily and Activity Preferences
    - 1. Yes → Continue to F0400, Interview for Daily Preferences

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Minimum Data Set (MDS) 3.0  Section F  August 2010  9
Items F0400/ F0500

Interview for Daily/ Activity Preferences
F0400/ F05000 Interview

**F0400. Interview for Daily Preferences**

Show resident the response options and say: "While you are in this facility..."

**F0500. Interview for Activity Preferences**

Show resident the response options and say: "While you are in this facility..."
F0400 & F0500
Conduct the Assessment

• Set up a conducive environment.
• Be sure the resident can hear you.
• Explain the reason for the interview.
• Explain the response options.
• Provide cue cards.
• Allow resident to respond multiple ways.
• Interview the family or significant others if the resident cannot report his or her preferences.
F0400 & F0500
Assessment Guidelines

• No look-back period is provided for the resident.
• Ask about current preferences while in the nursing home.
• Complete the interview anytime within the 7-day look-back period.
• Family or significant others can provide information on current preferences.
• May have to consider past preferences if the resident cannot communicate.
F0400 & F0500
Assessment Guidelines

• If the resident gives a long or indirect answer:
  o Summarize the response.
  o Ask again which option best applies.
  o This is referred to as echoing.

• Appropriate to explore the resident’s answer and try to understand the reason.
F0400 & F0500
Coding Instructions

F0500. Interview for Activity Preferences
Show resident the response options and say: "While you are in this facility..."

Enter Codes in Boxes

A. How important is it to you to have books, newspapers, and magazines?
B. How important is it to you to listen to music you like?
C. How important is it to you to be around animals such as pets?
D. How important is it to you to keep up with the news?
E. How important is it to you to do things with groups of people?
F. How important is it to you to do your favorite activities?

Coding:
1. Very important
2. Somewhat important
3. Not very important
4. Not important at all
5. Important, but can't do or no choice
9. No response or non-responsive
The Video on Interviewing Vulnerable Elders (VIVE) was funded by the Picker Institute and produced by the UCLA/JH Borun Center. DVD copies can be ordered from CMS.
Section F

Coding Activity
Section F Practice #1

• The interviewer asks:

   How important is it to you to choose what clothes to wear?

• The resident responds:

   It’s very important. I’ve always paid attention to my appearance.
How should F0400A be coded?

A. Code 1. Very Important
B. Code 2. Somewhat Important
C. Code 3. Not Very Important
D. Code 4. Not Important at All
E. Code 5. Important but Can’t Do or No Choice
F. Code 9. No response
Section F Practice #1 Coding

• The correct coding is 1. Very Important.

• The resident indicates that this daily preference is very important.
Section F Practice #2

- The interviewer asks: How important is it to you to choose what clothes to wear?
- The resident responds: I leave that up to the nurse. You have to wear what you can handle if you have a stiff leg.
- The interviewer echoes: You leave it up to the nurses. Would you say that, while you are here, choosing what clothes to wear is very important, somewhat important, not very important, not important at all, or that it’s important, but you can’t do it because of your leg?
- The resident responds: Well, it would be important to me, but I just can’t do it.
How should F0400A be coded?

A. Code 1. Very Important
B. Code 2. Somewhat Important
C. Code 3. Not Very Important
D. Code 4. Not Important at All
E. Code 5. Important but Can’t Do or No Choice
F. Code 9. No response
Section F Practice #2 Coding

- The correct coding is **5. Important but Can’t Do or No Choice.**

- The resident indicates that the daily preference is important, but he is unable to do it.
Section F Practice #3

- The interviewer asks: How important is it to you to take care of your personal belongings or things?
- The resident responds: All of my important things are at home.
- The interviewer echoes: Your most important things are at home. Do you have any other things here at the facility that you think it’s important to take care of yourself?
- The resident responds: Well, my son brought me this CD player so that I can listen to music. It is very important to me to take care of that.
How should F0400B be coded?

A. Code 1. Very Important
B. Code 2. Somewhat Important
C. Code 3. Not Very Important
D. Code 4. Not Important at All
E. Code 5. Important but Can’t Do or No Choice
F. Code 9. No response
Section F Practice #3 Coding

• The correct coding is 1. Very Important.

• The resident indicates that it is “Very Important” to take care of a specific item in the facility.
Section F Practice #4

• The interviewer asks: How important is it to have a place to lock your things to keep them safe?

• The resident responds: I have a safe deposit box at my bank, and that’s where I keep my family heirlooms and personal documents.

• The interviewer echoes: That sounds like a good service. While you are here in this facility, how important is it to you to have a drawer or locker here?

• The resident responds: It’s not very important. I’m fine with keeping all my valuables at the bank.
How should F0400H be coded?

A. Code 1. Very Important
B. Code 2. Somewhat Important
C. Code 3. Not Very Important
D. Code 4. Not Important at All
E. Code 5. Important but Can’t Do or No Choice
F. Code 9. No response
Section F Practice #4 Coding

- The correct coding is 3. Not Very Important.

- The resident indicates that it is “Not Very Important” to have a drawer or locker at the facility.
Section F Practice #5

• The interviewer asks: How important is it to listen to music you like?

• The resident responds: It’s not important, because all we have in here is TV. They keep it blaring all day long.

• The interviewer echoes: You’ve told me it’s not important because all you have is a TV. Would you say it’s not very important or not important at all to you to listen to music you like while you are here? Or are you saying that it’s important, but you can’t do it because you don’t have a radio or CD player?

• The resident responds: Yeah. I’d enjoy listening to some jazz if I could get a radio.
How should F0500B be coded?

A. Code 1. Very Important
B. Code 2. Somewhat Important
C. Code 3. Not Very Important
D. Code 4. Not Important at All
E. Code 5. Important but Can’t Do or No Choice
F. Code 9. No response
Section F Practice #5 Coding

• The correct coding is 5. Important but Can’t Do or No Choice.

• The resident reports listening to jazz is important to him, but he does not have a radio.
Section F Practice #6

• The interviewer asks: How important is it to you to be around animals such as pets?

• The resident responds: It’s very important for me NOT to be around animals. You get hair all around and I might inhale it.
How should F0500C be coded?

A. Code 1. Very Important
B. Code 2. Somewhat Important
C. Code 3. Not Very Important
D. Code 4. Not Important at All
E. Code 5. Important but Can’t Do or No Choice
F. Code 9. No response
Section F Practice #6 Coding

• The correct coding is 4. Not Important At All.

• The resident indicates reasons why she prefers to not be around animals at all.
Item F0600

Daily and Activity Preferences Primary Respondent
F0600 Primary Respondent

- Establishes the source of the information regarding the resident’s preferences.
Item F0700

Should the Staff Assessment of Daily and Activity Preferences Be Conducted?
F0700 Importance

- Resident interview is preferred.
- Small percentage of residents are unable or unwilling to complete the interview.
- Should still have preferences considered.
F0700 Assessment Guidelines

• If the total number of unanswered questions in F0400 through F0500 is equal to 3 or more, the interview is considered incomplete.

• If 3 or more interview items for either F0400 or F0500 are coded 9 or “-”, complete the Staff Assessment.
F0700 Coding Instructions

- **Code 0.**
  - Interview completed by resident, family, or significant other.

- **Code 1.**
  - Resident, family, or significant other unable to answer 3 or more items in the interviews.
Item F0800

Staff Assessment of Daily and Activity Preferences
F0800 Importance

- Alternate means of assessing preferences must be used for residents who cannot communicate.
- Ensures that information concerning preferences is not overlooked.
F08000 Conduct the Assessment/Assessment Guidelines

• Observe the resident when care, routines, and activities are made available.

• Check any items for which the resident appears happy, content, or involved.

• Do not check any items for which the resident is resistant or withdraws.

• Do not do a staff assessment if an interview was completed.
F0800 Coding Instructions

• Check all items that apply.
Section F

Summary
Section F Summary

- Attention to routines and preferences enhances quality of life.
- Complete a resident interview if possible.
- Interview a family member or significant other as an alternative.
- For a staff assessment, identify routines or activities that the resident is involved in or happy or content to be participating in.