

BADL Impairment

Setting: **Inpatient Rehabilitation Facility (IRF)**
self-feeding, dressing

Population: **Adult**

Keywords: **toileting, bathing, ADL, self-care, BADL, grooming,**

Last Updated: 05/15/2020. Copyright Elsevier BV. All rights reserved.

Clinical Description

Care of the patient experiencing impairment related to performance of BADLs (basic activities of daily living), such as bathing, dressing, self-feeding, toileting or grooming.

Key Information

- Achieving independence in BADLs (basic activities of daily living) significantly decreases the physical and time burdens on caregivers, while helping the individual to achieve a sense of dignity and privacy.
 - The bathroom is a location where falls or injuries are more likely to occur. It is important to address bathroom safety issues, such as ability to safely negotiate small spaces, water temperature, lighting and electrical safety.
 - Consider the patient's cultural norms, priorities and preferences when promoting BADL (basic activity of daily living) performance.
-

Clinical Goals

By transition of care

A. The patient will demonstrate achievement of the following goals:

- Optimal Safe BADL Performance

B. Patient, family or significant other will teach back or demonstrate education topics and points:

- Education: Overview
 - Education: Self Management
 - Education: When to Seek Medical Attention
-

Correlate Health Status

Correlate health status to:

- history, comorbidity
 - age, developmental level
 - sex, gender identity
 - baseline assessment data
 - physiologic status
 - response to medication and interventions
 - psychosocial status, social determinants of health
 - barriers to accessing care and services
 - health literacy
 - cultural and spiritual preferences
 - safety risks
 - family interaction
 - plan for transition of care
-

BADL (Basic Activities of Daily Living) Impairment

Signs/Symptoms/Presentation

- activity intolerance
- bathing or showering ability limited
- dressing ability limited
- grooming ability limited
- limited endurance
- requires assistance with BADLs
- requires prompting to perform BADLs
- self-feeding ability limited
- toileting ability limited

Problem Intervention(s)

Optimize Basic Activity of Daily Living Skills

- Assess BADL (basic activity of daily living) abilities; encourage participation at maximally safe independent level.
- Provide assistance and supervision needed to maintain safety; involve caregiver in BADL (basic activity of daily living) training.
- Ensure effective use of equipment or devices, such as a long-handled reacher, shower seat or orthosis.
- Ensure proper body mechanics and positioning for optimal task performance.
- Provide set-up of items if patient is unable to retrieve; store personal care items in accessible location.
- Schedule BADL (basic activity of daily living) activities when pain and fatigue are at a minimum; pace activity to conserve energy.
- Identify and address impairments or safety issues affecting performance, such as balance, strength or cognition.
- Provide BADL (basic activity of daily living) re-training with therapeutic interventions.

Associated Documentation

- Self-Care (BADL) Promotion

General Education

- admission, transition of care
- orientation to care setting, routine
- advance care planning
- diagnostic tests/procedures
- opioid medication management
- oral health
- medication management
- pain assessment process
- safe medication disposal
- tobacco use, smoke exposure
- treatment plan

Safety Education

- call light use
 - equipment/home supplies
 - fall prevention
 - harm prevention
 - infection prevention
 - MDRO (multidrug-resistant organism) care
 - personal health information
 - resources for support
-

Education: Overview

- risk factors
 - signs/symptoms
-

Education: Self Management/Training

- energy conservation
 - equipment/methods
 - safety techniques
-

Education: When to Seek Medical Attention

- new or worsening symptoms
-

References

(2018). Butcher, H. K.; Bulechek, G. M.; Dochterman, J. M.; Wagner, C. M. (Eds.), *Nursing interventions classifications (NIC)*. St. Louis: Elsevier. [Review Articles, Expert/Committee Opinion, Core Curriculum, Position Statements, Practice Bulletins]

Amini, D. A.; Kannenberg, K.; Bodison, S.; Chang, P.; Colaianni, D.; Goodrich, B.; Lieberman, D. Occupational therapy practice framework: Domain & Process (3rd ed.). *American Journal of Occupational Therapy*. 2014;68, S1-S48. doi:10.5014/ajot.2014.682006 [Review Articles, Expert/Committee Opinion, Core Curriculum, Position Statements, Practice Bulletins]

Centers for Medicare & Medicaid Services. (2017). *NQF 2633. Inpatient rehabilitation facility (IRF) functional outcome measure: Change in self-care score for medical rehabilitation patients*. Source [Quality Measures, Clinical Practice Guidelines]

Centers for Medicare & Medicaid Services. (2017). *NQF 2635. Inpatient rehabilitation facility (IRF) functional outcome measure: Discharge self-care score for medical rehabilitation patients*. Source [Quality Measures, Clinical Practice Guidelines]

Chan, E. Y.; Samsudin, S. A.; Lim, Y. J. Older patients' perception of engagement in functional self-care during hospitalization: A qualitative study. *Geriatric Nursing*. 2019;, 1-8. doi:10.1016/j.gerinurse.2019.11.009 Source [Expert/Committee Opinion]

Cifu, D. X.; Kaelin, D. L.; Kowalske, K. J.; Lew, H. L.; Miller, M. A.; Ragnarsson, K. T.; Worsowicz, G. M. (2016). *Braddom's physical medicine and rehabilitation*. Philadelphia: Elsevier. [Review Articles, Expert/Committee Opinion, Core Curriculum, Position Statements, Practice Bulletins]

Edemekong, P. F.; Bomgaars, D. L.; Levy, S. B.. (2020). *Activities of daily living*. Treasure Island, FL: StatPearls. doi:10.1016/j.apnr.2019.151189 Source [Expert/Committee Opinion]

Fan, B. J.; Wong, R. Y. Effect of cognitive training on daily function in older people without major neurocognitive disorder: A systematic review. *Geriatrics*. 2019;4(3), 44. doi: 10.3390/geriatrics4030044 Source [Systematic Review]

Freedman, V. A.; Kasper, J. D.; Spillman, B. C. Successful aging through successful accommodation with assistive devices. *The Journals of Gerontology: Series B*. 2017;72(2), 300-309. doi:10.1093/geronb/gbw102 Source [Review Articles]

Haugen, N.; Galura, S. (2020). *Ulrich and Canale's Nursing Care Planning Resource-E-Book: Medical-Surgical, Pediatric, Maternity, and Psychiatric-Mental Health*. St. Louis: Saunders, Elsevier. [Review Articles, Expert/Committee Opinion, Core Curriculum, Position Statements, Practice Bulletins]

Hoeman, S. P. (2008). *Rehabilitation nursing prevention, intervention, and outcomes*. St. Louis: Mosby, Elsevier. [Review Articles, Expert/Committee Opinion, Core Curriculum, Position Statements, Practice Bulletins]

Lehman, C. (2015). *The specialty practice of rehabilitation nursing: A core curriculum*. Chicago: Association of Rehabilitation Nurses. [Review Articles, Expert/Committee Opinion, Core Curriculum, Position Statements, Practice Bulletins]

Lim, Y. M.; Kim, H.; Cha, Y. J. Effects of environmental modification on activities of daily living, social participation and quality of life in the older adults: A meta-analysis of randomized controlled trials. *Disability and Rehabilitation: Assistive Technology*. 2020;15(2), 132-140. doi:10.1080/17483107.2018.1533595 [Meta-analysis]

Mauk, K. L. (2012). *Rehabilitation nursing: A contemporary approach*. Sudbury, MA: Jones & Bartlett Learning. [Review Articles, Expert/Committee Opinion, Core Curriculum, Position Statements, Practice Bulletins]

Pendleton, H. M.; Schultz-Krohn, W. (2018). *Pedretti's occupational therapy: Practice skills for physical dysfunction*. St. Louis: Elsevier. [Review Articles, Expert/Committee Opinion, Core Curriculum, Position Statements, Practice Bulletins]

Radomski, M. V.; Trombly Latham, C. A. (2014). *Occupational therapy for physical dysfunction*. Baltimore: Wolters Kluwer/Lippincott Williams & Wilkins. [Review Articles, Expert/Committee Opinion, Core Curriculum, Position Statements, Practice Bulletins]

Registered Nurses' Association of Ontario. (2015). *Person- and family-centred care*. Source [Quality Measures, Clinical Practice Guidelines]

Roberts, C. E.; Phillips, L. H.; Cooper, C. L.; Gray, S.; Allan, J. L. Effect of different types of physical activity on activities of daily living in older adults: Systematic review and meta-analysis. *Journal of Aging and Physical Activity*. 2017;25(4), 653-670. doi:10.1123/japa.2016-0201 Source [Meta-analysis, Systematic Review]

Uniform Data System for Medical Rehabilitation, a division of UB Foundation Activities, Inc and its successor in interest, UDSMR, LLC. (2017). *NQF 2286. Functional change: Change in self care score*. Source [Quality Measures, Clinical Practice Guidelines]

Uniform Data System for Medical Rehabilitation, a division of UB Foundation Activities, Inc and its successor in interest, UDSMR, LLC. (2017). *NQF 2287. Functional Change: Change in motor score*. Source [Quality Measures, Clinical Practice Guidelines]

Wang, D. X.; Yao, J.; Zirek, Y.; Reijnierse, E. M.; Maier, A. B. Muscle mass, strength, and physical performance predicting activities of daily living: A metaanalysis. *Journal of Cachexia, Sarcopenia and Muscle*. 2019;11(1), 3-25. doi:10.1002/jcsm.12502 Source [Meta-analysis]