Resource Utilisation Groups – Activities of Daily Living (RUGADL)

1. Complete the items below only if the patient is 65 years or older or has a diagnosis of chronic organic brain syndrome.
2. Select the response which best describes the patient during the period rated.
3. Rate what the patient does not what the patient is capable of.

For Bed Mobility, Toileting, Transfer:
Rate what patient does, not what he/she is capable of

<table>
<thead>
<tr>
<th>For Bed Mobility</th>
<th>Toileting</th>
<th>Transfer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Independent or Supervision only</td>
<td>3. Limited Assistance</td>
<td>5. Other than 2-person Physical Assistance</td>
</tr>
<tr>
<td>4. 2-person Physical Assistance</td>
<td>3. Extensive Assistance/ Total Dependence/ Tube Fed</td>
<td></td>
</tr>
</tbody>
</table>

For Eating:
Rate what patient does, not what he/she is capable of

<table>
<thead>
<tr>
<th>Eating</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Independent or Supervision Only</td>
</tr>
<tr>
<td>2. Limited Assistance</td>
</tr>
</tbody>
</table>

Principal reference:

Description
The Resource Utilisation Groups (Version 3) – Activities of Daily Living scale (RUG-ADL) is a component of an instrument developed for the measurement of nursing dependency in skilled nursing facilities. The ADL scale measures the patients needs for assistance in activities of daily living (eating, bed mobility, transferring and toileting).

When rating the RUGADL clinicians should refer to the RUG–ADL Glossary rather than simply basing their ratings on the brief scale descriptors. Note also that clinicians should avoid omitting the rating of any of the 4 items.

RUG-ADL Glossary
Record what the person actually does, not what they are capable of doing. That is, record their poorest performance during the period rated.

Do not omit any ratings unless the person is deceased.

It is essential that the rater knows what behaviours and tasks are contained within each scale and has a “working knowledge” of the scale.
1. Bed Mobility

*Ability to move in bed after the transfer into bed has been completed.*

1. Independent / supervision: Is 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 is required. May be independent with the use of a device.

3. Limited assistance: Is able to readjust position in bed, and perform own pressure area relief, with the assistance of one person.

4. Other than Two–Person: Requires use of a hoist or other assisting device to readjust position in bed and physical assist pressure relief. Still requires the assistance of only one person for task.

5. Two–Person Physical Assist: Requires to assistants to readjust position, and perform own pressure area relief.

2. 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 the person cares for the catheter or other device independently and is independent on all other tasks, rate 1.*

1. Independent / supervision: Is able to mobilise to the toilet, adjust clothing, cleans self, has no incontinence or soiling of clothing. All tasks performed independently or with prompting from carer. No hands on assistance required. May be independent with the use of device.

3. Limited Assistance: Requires hands on assistance of one person for one or more of the tasks.

4. Other than Two–Person: Requires the use of a catheter, uridome or urinal, or a colostomy, bedpan or commode chair, or insertion of enema or suppository. Requires the assistance of one person for the management of the device.

5. Two–Person Physical Assist: Requires two assistants to perform any step of the task.

3. Transfer

*Includes the transfer in and out of bed, bed to chair, in and out of shower or tub.*

1. Independent / Supervision: Is 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.

3. Limited Assistance: Requires hands on assistance of one person to perform any transfer of the day or night.

4. Other than Two–Person: Requires the use of a device for any of the transfers performed in the day or night.

5. Two–Person Physical Assist: Requires two person to perform any transfer of the day or night.
4. Eating

Includes the tasks of cutting food, bringing food to the mouth and the chewing and swallowing of food. Does not include preparation of the meal.

1 Independent / Supervision: Is able to cut, chew and swallow food, independently or with supervision, once meal has been presented in the customary fashion. No hands on assistance required. If individual relies on parenteral or gastrostomy feeding which he or she administers him or her self then rate 1.

2 Limited assistance: Requires hands on assistance of one person to set–up or assist in bringing food to mouth, or requires food to be modified (soft or staged diet).

3 Extensive Assistance / Total Dependence / Tube Fed: Person needs to fed meal by assistant, or if the individual does not eat or drink full meals by mouth but relies on parenteral or gastrostomy feeding and does not administer feeds by him or her self.

RUG-ADL items and Summary scores

The items which constitute the Activities of Daily Living subscale of the RUG, and the Total score which may be derived from those items are identified in Table.

Statistics for the summary scores should generally be reported as Means and Standard deviations. Statistics for the individual items need not usually be reported.

Table: The individual RUGADL items and the Total score derived from them.

<table>
<thead>
<tr>
<th>Data Element</th>
<th>RUGADL item number and description</th>
<th>Item score</th>
<th>Summary score</th>
</tr>
</thead>
<tbody>
<tr>
<td>RUGADL item 1</td>
<td>1. Bed mobility</td>
<td>1 – 5</td>
<td></td>
</tr>
<tr>
<td>RUGADL item 2</td>
<td>2. Toileting</td>
<td>1 – 5</td>
<td></td>
</tr>
<tr>
<td>RUGADL item 3</td>
<td>3. Transfer</td>
<td>1 – 5</td>
<td></td>
</tr>
<tr>
<td>RUGADL item 4</td>
<td>4. Eating</td>
<td>1 – 3</td>
<td></td>
</tr>
<tr>
<td>RUGADL Total score</td>
<td></td>
<td></td>
<td>4 – 18</td>
</tr>
</tbody>
</table>

The Total score is calculated as the sum of the item scores. If any item is not completed (ie, is coded 7, 8 or 9) then the Total score should be set as missing

Standard values must be used for coding missing item and Total scores. For individual items, the missing values are 7, 8 and 9. For the Total score, the missing value used should be 99.

References

