

## G0300: Balance During Transitions and Walking

G0300. Balance During Transitions and Walking	
After observing the resident, code the following walking and transition items for most dependent	
<b>Coding:</b> 0. Steady at all times 1. Not steady, but <u>able</u> to stabilize without staff assistance 2. Not steady, <u>only able</u> to stabilize with staff assistance 8. Activity did not occur	↓ Enter Codes in Boxes
	<input type="checkbox"/> A. Moving from seated to standing position
	<input type="checkbox"/> B. Walking (with assistive device if used)
	<input type="checkbox"/> C. Turning around and facing the opposite direction while walking
	<input type="checkbox"/> D. Moving on and off toilet
	<input type="checkbox"/> E. Surface-to-surface transfer (transfer between bed and chair or wheelchair)

### Item Rationale

#### Health-related Quality of Life

- Individuals with impaired balance and unsteadiness during transitions and walking
  - are at increased risk for falls;
  - often are afraid of falling;
  - may limit their physical and social activity, becoming socially isolated and despondent about limitations; and
  - can become increasingly immobile.

#### Planning for Care

- Individuals with impaired balance and unsteadiness should be evaluated for the need for
  - rehabilitation or assistive devices;
  - supervision or physical assistance for safety; and/or
  - environmental modification.
- Care planning should focus on preventing further decline of function, and/or on return of function, depending on resident-specific goals.
- Assessment should identify all related risk factors in order to develop effective care plans to maintain current abilities, slow decline, and/or promote improvement in the resident's functional ability.

### DEFINITION

#### INTERDISCIPLINARY TEAM

Refers to a team that includes staff from multiple disciplines such as nursing, therapy, physicians, and other advanced practitioners.

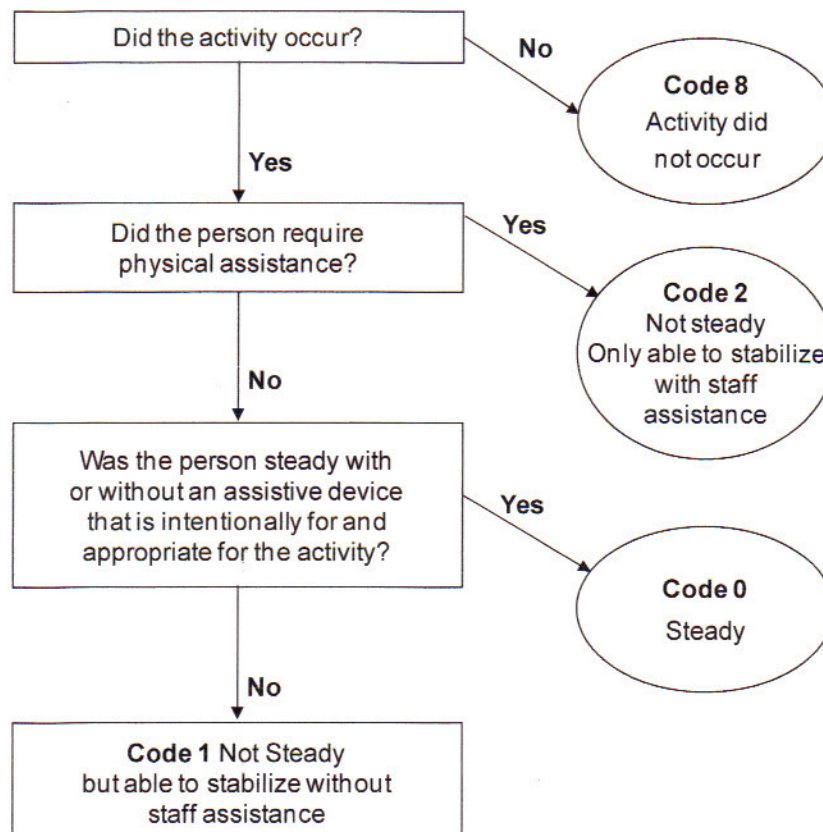
### Steps for Assessment

- Complete this assessment for all residents.
- Throughout the 7-day look-back period, interdisciplinary team members should carefully observe and document observations of the resident during transitions from sitting to standing, walking, turning, transferring on and off toilet, and transferring from wheelchair to bed and bed to wheelchair (for residents who use a wheelchair).

## G0300: Balance During Transitions and Walking (cont.)

3. If staff have not systematically documented the resident's stability in these activities at least once during the 7-day look-back period, use the following process to code these items:
  - a. Before beginning the activity, explain what the task is and what you are observing for.
  - b. Have assistive devices the resident normally uses available.
  - c. Start with the resident sitting up on the edge of his or her bed, in a chair or in a wheelchair (if he or she generally uses one).
  - d. Ask the resident to stand up and stay still for 3-5 seconds. **Moving from seated to standing position (G0300A) should be rated at this time.**
  - e. Ask the resident to walk approximately 15 feet using his or her usual **assistive device**. **Walking (G0300B) should be rated at this time.**
  - f. Ask the resident to turn around. **Turning around (G0300C) should be rated at this time.**
  - g. Ask the **resident to walk or wheel** from a starting point in his or her room into the bathroom, **prepare for toileting** as he or she normally does (including taking down pants or other clothes; underclothes can be kept on for this observation), and sit on the toilet. **Moving on and off toilet (G0300D) should be rated at this time.**
  - h. Ask residents who are not ambulatory and who use a wheelchair for mobility to transfer from a seated position in the wheelchair to a seated position on the bed. **Surface-to-surface transfer should be rated at this time (G0300E).**

### Balance During Transitions and Walking Algorithm





## G0300: Balance During Transitions and Walking (cont.)

### Coding Instructions G0300A, Moving from Seated to Standing Position

*Code for the least steady episode, using assistive device if applicable.*

- **Code 0, steady at all times:**

- If all of the transitions from seated to standing position and from standing to seated position observed during the 7-day look-back period are steady.
- If resident is stable when standing up using the arms of a chair or an assistive device identified for this purpose (such as a walker, locked wheelchair, or grab bar).
- If an assistive device or equipment is used, the resident appropriately plans and integrates the use of the device into the transition activity.
- If resident appears steady and not at risk of a fall when standing up.

- **Code 1, not steady, but able to stabilize without staff assistance:**

- If any of transitions from seated to standing position or from standing to seated position during the 7-day look-back period are not steady, but the resident is able to stabilize without assistance from staff or object (e.g., a chair or table).
- If the resident is unsteady using an assistive device but does not require staff assistance to stabilize.
- If the resident attempts to stand, sits back down, then is able to stand up and stabilize without assistance from staff or object.
- Residents coded in this category appear at increased risk for falling when standing up.

#### DEFINITION

##### UNSTEADY

Residents may appear unbalanced or move with a sway or with uncoordinated or jerking movements that make them unsteady. They might exhibit unsteady gaits such as fast gaits with large, careless movements; abnormally slow gaits with small shuffling steps; or wide-based gaits with halting, tentative steps.

- **Code 2, not steady, only able to stabilize with staff assistance:**

- If any of transitions from seated to standing or from standing to sitting are not steady, and the resident cannot stabilize without assistance from staff.
- If the resident cannot stand but can transfer unassisted without staff assistance.
- If the resident returned back to a seated position or was unable to move from a seated to standing or from standing to sitting position during the look-back period.
- Residents coded in this category appear at high risk for falling during transitions.
- If a lift device (a mechanical device operated by another person) is used because the resident requires staff assistance to stabilize, code as 2.

- **Code 8, activity did not occur:** if the resident did not move from seated to standing position during the 7-day look-back period.



## G0300: Balance During Transitions and Walking (cont.)

### Examples for G0300A, Moving from Seated to Standing Position

1. A resident sits up in bed, stands, and begins to sway, but steadies herself and sits down smoothly into her wheelchair.

**Coding:** G0300A would be **coded 1, not steady, but able to stabilize without staff assistance.**

**Rationale:** Resident was unsteady, but she was able to stabilize herself without assistance from staff.

2. A resident requires the use of a gait belt and physical assistance in order to stand.

**Coding:** G0300A would be **coded 2, not steady, only able to stabilize with staff assistance.**

**Rationale:** Resident required staff assistance to stand during the observation period.

3. A resident stands steadily by pushing himself up using the arms of a chair.

**Coding:** G0300A would be **coded 0, steady at all times.**

**Rationale:** Even though the resident used the arms of the chair to push himself up, he was steady at all times during the activity.

4. A resident locks his wheelchair and uses the arms of his wheelchair to attempt to stand. On the first attempt, he rises about halfway to a standing position then sits back down. On the second attempt, he is able to stand steadily.

**Coding:** G0300A would be **coded 1, not steady, but able to stabilize without staff assistance.**

**Rationale:** Even though the second attempt at standing was steady, the first attempt suggests he is unsteady and at risk for falling during this transition.

### Coding Instructions G0300B, Walking (with Assistive Device if Used)

*Code for the least steady episode, using assistive device if applicable.*

- **Code 0, steady at all times:**

- If during the 7-day look-back period the resident's walking (with assistive devices if used) is steady at all times.
- If an assistive device or equipment is used, the resident appropriately plans and integrates the use of the device and is steady while walking with it.
- Residents in this category do not appear at risk for falls.
- Residents who walk with an abnormal gait and/or with an assistive device can be steady, and if they are they should be coded in this category.

- **Code 1, not steady, but able to stabilize without staff assistance:**

- If during the 7-day look-back period the resident appears unsteady while walking (with assistive devices if used) but does not require staff assistance to stabilize.
- Residents coded in this category appear at risk for falling while walking.



## G0300: Balance During Transitions and Walking (cont.)

- **Code 2, not steady, only able to stabilize with staff assistance:**
  - If during the 7-day look-back period the resident at any time appeared unsteady and required staff assistance to be stable and safe while walking.
  - If the resident fell when walking during the look-back period.
  - Residents coded in this category appear at high risk for falling while walking.
- **Code 8, activity did not occur:**
  - If the resident did not walk during the 7-day look-back period.

### Examples for G0300B, Walking (with Assistive Device if Used)

1. A resident with a recent stroke walks using a hemi-walker in her right hand because of left-sided weakness. Her gait is slow and short-stepped and slightly unsteady as she walks, she leans to the left and drags her left foot along the ground on most steps. She has not had to steady herself using any furniture or grab bars.

**Coding:** G0300B would be **coded 1, not steady, but able to stabilize without staff assistance.**

**Rationale:** Resident's gait is unsteady with or without an assistive device but does not require staff assistance.

2. A resident with Parkinson's disease ambulates with a walker. His posture is stooped, and he walks slowly with a short-stepped shuffling gait. On some occasions, his gait speeds up, and it appears he has difficulty slowing down. On multiple occasions during the 7-day observation period he has to steady himself using a handrail or a piece of furniture in addition to his walker.

**Coding:** G0300B would be **coded 1, not steady, but able to stabilize without staff assistance.**

**Rationale:** Resident has an unsteady gait but can stabilize himself using an object such as a handrail or piece of furniture.

3. A resident who had a recent total hip replacement ambulates with a walker. Although she is able to bear weight on her affected side, she is unable to advance her walker safely without staff assistance.

**Coding:** G0300B would be **coded 2, not steady, only able to stabilize with staff assistance.**

**Rationale:** Resident requires staff assistance to walk steadily and safely at any time during the observation period.

4. A resident with multi-infarct dementia walks with a short-stepped, shuffling-type gait. Despite the gait abnormality, she is steady.

**Coding:** G0300B would be **coded 0, steady at all times.**

**Rationale:** Resident walks steadily (with or without a normal gait and/or the use of an assistive device) at all times during the observation period.

## G0300: Balance During Transitions and Walking (cont.)

### Coding Instructions G0300C, Turning Around and Facing the Opposite Direction while Walking

*Code for the least steady episode, using an assistive device if applicable.*

- **Code 0, steady at all times:**
  - If all observed turns to face the opposite direction are steady without assistance of a staff during the 7-day look-back period.
  - If the resident is stable making these turns when using an assistive device.
  - If an assistive device or equipment is used, the resident appropriately plans and integrates the use of the device into the transition activity.
  - Residents coded as 0 should not appear to be at risk of a fall during a transition.
- **Code 1, not steady, but able to stabilize without staff assistance:**
  - If any transition that involves turning around to face the opposite direction is not steady, but the resident stabilizes without assistance from a staff.
  - If the resident is unstable with an assistive device but does not require staff assistance.
  - Residents coded in this category appear at increased risk for falling during transitions.
- **Code 2, not steady, only able to stabilize with staff assistance:**
  - If any transition that involves turning around to face the opposite direction is not steady, and the resident cannot stabilize without assistance from a staff.
  - If the resident fell when turning around to face the opposite direction during the look-back period.
  - Residents coded in this category appear at high risk for falling during transitions.
- **Code 8, activity did not occur:**
  - If the resident did not turn around to face the opposite direction while walking during the 7-day look-back period.

### Examples for G0300C, Turning Around and Facing the Opposite Direction while Walking

1. A resident with Alzheimer's disease frequently wanders on the hallway. On one occasion, a nursing assistant noted that he was about to fall when turning around. However, by the time she got to him, he had steadied himself on the handrail.

**Coding:** G0300C would be **coded 1, Not steady, but able to stabilize without staff assistance.**

**Rationale:** The resident was unsteady when turning but able to steady himself on an object, in this instance, a handrail.



## G0300: Balance During Transitions and Walking (cont.)

2. A resident with severe arthritis in her knee ambulates with a single-point cane. A nursing assistant observes her lose her balance while turning around to sit in a chair. The nursing assistant is able to get to her before she falls and lowers her gently into the chair.

**Coding:** G0300C would be **coded 2, not steady, only able to stabilize with staff assistance**.

**Rationale:** The resident was unsteady when turning around and would have fallen without staff assistance.

### Coding for G0300D, Moving on and off Toilet

*Code for the least steady episode of moving on and off a toilet or portable commode, using an assistive device if applicable. Include stability while manipulating clothing to allow toileting to occur in this rating.*

- **Code 0, steady at all times:**
  - If all of the observed transitions on and off the toilet during the 7-day look-back period are steady without assistance of a staff.
  - If the resident is stable when transferring using an assistive device or object identified for this purpose.
  - If an assistive device is used (e.g., grab bar), the resident appropriately plans and integrates the use of the device into the transition activity.
  - Residents coded as 0 should not appear to be at risk of a fall during a transition.
- **Code 1, not steady, but able to stabilize without staff assistance:**
  - If any transitions on or off the toilet during the 7-day look-back period are not steady, **but** the resident stabilizes **without** assistance from a staff.
  - If resident is unstable with an assistive device but does not require staff assistance.
  - Residents coded in this category appear at increased risk for falling during transitions.
- **Code 2, not steady, only able to stabilize with staff assistance:**
  - If any transitions on or off the toilet during the 7-day look-back period are not steady, and the resident cannot stabilize without assistance from a staff.
  - If the resident fell when moving on or off the toilet during the look-back period.
  - Residents coded in this category appear at high risk for falling during transitions.
  - If lift device is used.
- **Code 8, activity did not occur:**
  - If the resident did not transition on and off the toilet during the 7-day look-back period.

## G0300: Balance During Transitions and Walking (cont.)

### Examples for G0300D, Moving on and off Toilet

1. A resident sits up in bed, stands up, pivots and grabs her walker. She then steadily walks to the bathroom where she pivots, pulls down her underwear, uses the grab bar and smoothly sits on the commode using the grab bar to guide her. After finishing, she stands and pivots using the grab bar and smoothly ambulates out of her room with her walker.

**Coding:** G0300D would be **coded 0, steady at all times.**

**Rationale:** This resident's use of the grab bar was not to prevent a fall after being unsteady, but to maintain steadiness during her transitions. The resident was able to smoothly and steadily transfer onto the toilet, using a grab bar.

2. A resident wheels her wheelchair into the bathroom, stands up, begins to lift her dress, sways, and grabs onto the grab bar to steady herself. When she sits down on the toilet, she leans to the side and must push herself away from the towel bar to sit upright steadily.

**Coding:** G0300D would be **coded 1, not steady, but able to stabilize without staff assistance.**

**Rationale:** The resident was unsteady when disrobing to toilet but was able to steady herself with a grab bar.

3. A resident wheels his wheelchair into the bathroom, stands, begins to pull his pants down, sways, and grabs onto the grab bar to steady himself. When he sits down on the toilet, he leans to the side and must push himself away from the sink to sit upright steadily. When finished, he stands, sways, and then is able to steady himself with the grab bar.

**Coding:** G0300D would be **coded 1, not steady, but able to stabilize without staff assistance.**

**Rationale:** The resident was unsteady when disrobing to toilet but was able to steady himself with a grab bar.

### Coding Instructions G0300E, Surface-to-Surface Transfer (Transfer between Bed and Chair or Wheelchair)

*Code for the least steady episode.*

- **Code 0, steady at all times:**

- If all of the observed transfers during the 7-day look-back period are steady without assistance of a staff.
- If the resident is stable when transferring using an assistive device identified for this purpose.
- If an assistive device or equipment is used, the resident uses it independently and appropriately plans and integrates the use of the device into the transition activity.
- Residents **coded 0** should not appear to be at risk of a fall during a transition.



## G0300: Balance During Transitions and Walking (cont.)

- **Code 1, not steady, but able to stabilize without staff assistance:**
  - If any transfers during the look-back period are not steady, but the resident stabilizes without assistance from a staff.
  - If the resident is unstable with an assistive device but does not require staff assistance.
  - Residents coded in this category appear at increased risk for falling during transitions.
- **Code 2, not steady, only able to stabilize with staff assistance:**
  - If any transfers during the 7-day look-back period are not steady, and the resident can only stabilize with assistance from a staff.
  - If the resident fell during a surface-to-surface transfer during the look-back period.
  - Residents coded in this category appear at high risk for falling during transitions.
  - If a lift device (a mechanical device that is completely operated by another person) is used, and this mechanical device is being used because the resident requires staff assistance to stabilize, **code 2**.
- **Code 8, activity did not occur:**
  - If the resident did not transfer between bed and chair or wheelchair during the 7-day look-back period.

### Examples for G0300E, Surface-to-Surface Transfer (Transfer Between Bed and Chair or Wheelchair)

1. A resident who uses her wheelchair for mobility stands up from the edge of her bed, pivots, and sits in her locked wheelchair in a steady fashion.

**Coding:** G0300E would be **coded 0, steady at all times**.

**Rationale:** The resident was steady when transferring from bed to wheelchair.

2. A resident who needs assistance ambulating transfers to his chair from the bed. He is observed to stand halfway up and then sit back down on the bed. On a second attempt, a nursing assistant helps him stand up straight, pivot, and sit down in his chair.

**Coding:** G0300E would be **coded 2, not steady, only able to stabilize with staff assistance**.

**Rationale:** The resident was unsteady when transferring from bed to chair and required staff assistance to make a steady transfer.

3. A resident with an above-the-knee amputation sits on the edge of the bed and, using his locked wheelchair due to unsteadiness and the nightstand for leverage, stands and transfers to his wheelchair rapidly and almost misses the seat. He is able to steady himself using the nightstand and sit down into the wheelchair without falling to the floor.

**Coding:** G0300E would be **coded 1, not steady, but able to stabilize without staff assistance**.

## G0300: Balance During Transitions and Walking (cont.)

**Rationale:** The resident was unsteady when transferring from bed to wheelchair but did not require staff assistance to complete the activity.

4. A resident who uses her wheelchair for mobility stands up from the edge of her bed, sways to the right, but then is quickly able to pivot and sits in her locked wheelchair in a steady fashion.

**Coding:** G0300E would be **coded 1, not steady, but able to stabilize without staff assistance.**

**Rationale:** The resident was unsteady when transferring from bed to wheelchair but was able to steady herself without staff assistance or an object.

### Additional examples for G0300A-E, Balance during Transitions and Walking

1. A resident sits up in bed, stands up, pivots and sits in her locked wheelchair. She then wheels her chair to the bathroom where she stands, pivots, lifts gown and smoothly sits on the commode.

**Coding:** G0300A, G0300D, G0300E would be **coded 0, steady at all times.**

**Rationale:** The resident was steady during each activity.