

# **An MDS 3.0 Overview for Activity Professionals and Recreation Therapists**

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The Centers for Medicare & Medicaid Services (CMS) held an Open Door Forum (ODF) regarding the Minimum Data Set, Version 3.0 (MDS 3.0) in Baltimore, Maryland on January 24, 2008 from 1:00 pm to 3:00 pm EST and reported on the findings of a 5-year CMS Nursing Home MDS 3.0 Validation Study.

There are many advantages to the MDS 3.0 such as:

- Increased resident's voice
- Increased clinical relevance for assessment
- Increased accuracy, both validity and reliability
- Increased clarity and efficiency
- 45% reduction in the average time for completion
- Supports the movement of items toward future electronic formats

A section with significant revisions is the "Customary Routine and Activity Section". The customary routine staff assessment is replaced by the MDS 3.0 Preference Assessment Tool. Residents are to be interviewed for their activity interests and routine preferences. The residents are to rate the level of importance by using the following codes:

- 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*

Some of the questions to ask the residents include:

- a. How important is it to you to have books, newspapers, and magazines to read?
- 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?

- g. How important is it to you to do things away from the nursing home?
- h. How important is it to you to go outside to get fresh air when the weather is good?
- i. How important is it to you to participate in religious services or practices?
- j. If your doctor approves, would you like to be offered alcohol on occasion at meals or social events?
  - 0. No
  - 1. Yes
  - 5. Yes, but can't or no choice
  - 9. No response or non-responsive answer

For residents who cannot answer the questions, a staff assessment of activities and daily preferences is available. Staff is also instructed to observe the resident's response during activity programs. A variety of routine and activity preferences are listed and staff is to check off each item as it applies. Some of the recreational items include:

- ✓ Reading books, newspapers, or magazines
- ✓ Listening to music
- ✓ Being around animals such as pets
- ✓ Keeping up with the news
- ✓ Doing things with groups of people
- ✓ Participating in favorite activities
- ✓ Spending time away from the nursing home
- ✓ Spending time outdoors
- ✓ Participating in religious activities or practices
- ✓ None of the above

In a sample of individuals that completed the revised Customary Routine and Activity Section, findings indicated that:

- 81% rated the interview items as more useful for care planning
- 80% found that the interview changed their impression of resident's wants
- 1% felt that some residents who responded didn't really understand the items
- More likely to report that post-acute residents appreciated being asked

Another section of special interest to Activity Professionals and Recreation Therapists is that of "Special Treatments and Therapies". Recreational Therapy is included as a therapeutic service, beyond the general activity program, as it is currently in the MDS 2.0. Under the section of Recreation Therapy, however, it is indicated that Music Therapy is included as well.

Although this is still a “draft” it is important for Activity Professionals and Recreation Therapists to keep abreast of these changes. Please take a moment to visit CMS’s website to read further about the MDS 3.0. CMS plans to implement MDS 3.0 changes nationally on October 1, 2009. To download the transcript, audio files, power point presentation, word presentation and the timeline, visit [http://www.cms.hhs.gov/nursinghomequalityinits/25\\_nhqimds30.asp](http://www.cms.hhs.gov/nursinghomequalityinits/25_nhqimds30.asp).