QUALITY MEASURE TIP SHEET:
Weight Loss—Long Stay

Quality Measure Overview

This measure reports the percentage of long-stay residents who lose too much weight.

- This measure captures the percentage of long-stay residents who lost 5% of weight or more in the last month, or 10% or more in the last six months, who were not on a physician-prescribed weight-loss regimen noted in an MCS assessment during the selected quarter.
- Exclusions include the following:
  1. Target assessment is an OBRA admission or a 5-day PPS assessment, or a Medicare readmission/return assessment.
  2. Weight loss item is missing on target assessment.
  3. Prognosis of life expectancy is less than 6 months or the prognosis item is missing on the target assessment.
  4. Resident is receiving hospice care or the hospice care item is missing on the target assessment.

MDS Coding Requirements

In the Minimum Data Set (MDS):

- Include a look-back period to assess residents with 5% weight loss in 30 days and 10% or more weight loss in 180 days.
- Indicate if a weight reduction care plan was ordered by the physician which employed a calorie-restricted diet or other weight-loss tactics including planned diuresis to show weight loss was intentional.

Ask These Questions ...

- Was the MDS coded per Resident Assessment Instrument (RAI) requirements, comparing the resident’s weight in the current observation period to his or her weight in the observation period of 30 or 180 days?
- Does the dietician understand the RAI coding definition if he or she is coding this section on the MDS?
- Is the resident on a planned weight-reduction program by physician order, and does documentation support this? Is there an order to treat the condition and a specific care plan?
- Is there a designated staff member to perform weigh-ins who is educated on policy/procedure to obtain weight measures?
  - Is the resident weighed in the same position each time?
  - Is the staff member informed on how to subtract wheelchair weight?
  - Is the staff member aware of the need to remove adaptive devices (e.g., prosthesis, pressure reduction cushions, etc.) each time weight is obtained?
  - Does the staff member use the same type of scale each time?
  - Is staff member aware of how to calibrate the scale prior to weighing the resident?
- Does the maintenance crew calibrate the scales monthly for accuracy?
- Are new weigh-ins performed for discrepancies prior to coding MDS?
- Are staff members checked for proficiency in performing weigh-ins?
- Are at-risk residents reviewed at least weekly for appropriate interventions?
- Is there a restorative eating program in place to restore or maintain the resident’s current level of function?
- Are there adequate staff members to assist with meals, or is there an “All Hands-on Dining Program” in place?

For guidance on quality measures, please reach out to a Telligen Nursing Home Quality Improvement Facilitator