

PHYSICAL ACTIVITIES PROMOTION CAP

Overall goals of care:

- Increase hours of exercise and physical activity
- Prevent loss of independent function in IADLs, ADLs & mobility
- Develop concrete goals and strategies to address potential barriers
- Among the specific strategies to be considered, include the following:
involvement in housework and shopping, mobility indoors and outdoors, increase the distance walked (or wheeled) and increasing the speed of locomotion.
- For lower functioning persons engage the family, staff or caregivers in counseling activities and strategizing to overcome barriers.

MDS items for triggering this CAP (in HC & CHA MDS):

(a) If at least one of the following questions are triggered:

- G1fa – Stairs-performance
- G2f – Locomotion – performance
- G5a- Person believes can improve
- G5b Caregiver believes can improve

(b) G4a (HC /CHA)- Total hours of exercise or physical activity in the last 3 days

When coding for item **G4a** the interRAI Education committee agreed for moderate activity to include:

‘Any activity that increases one’s heart rate. This can include vacuuming, walking or any ADL.’

*Please see the 'Borg Score for Perceived Exertion' (on wiki: [interRAI Support](#) > [NiTS - National interRAI Training Service](#) > [Methodology Resources](#) > [CAPs / Outcome Score Resources](#)) for a standardized definition for "moderate activity". This scale is used for non athletic persons and those who may have medications that affect BP and heart rates.

If you are including **IADLs** in the **G4a** score for HC/CHA this must be:

- (a) The person describes the activity as per **#3/ #4** descriptors on the Borg Scale of Perceived Exertion table attached to this document.
- (b) The activity is defined in G4 note section.