

Resource Utilisation Groups - Activities of Daily Living (RUG-ADL)

The Resource Utilisation Groups – Activities of Daily Living (RUG-ADL) consists of four items (bed mobility, toileting, transfers and eating) and assesses the level of functional dependence, based on what a person actually does, rather than what they are capable of doing [3]. The RUG-ADL is reported on admission, at phase change and at discharge. The RUG-ADL describes the level of functional dependence. It is a four-item scale measuring motor function with activities of bed mobility, toileting, transfer and eating.

| Item | Score | Definition |
|---|-------|--|
| BED MOBILITY | | |
| Ability to move in bed after the transfer into bed has been completed. | | |
| Independent or supervision only | 1 | 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 required. May be independent with the use of a device. |
| Limited physical assistance | 3 | Able to readjust position in bed, and perform own pressure area relief, with the assistance of one person. |
| Other than two persons physical assist | 4 | Requires the use of a hoist or other assistive device to readjust position in bed and provide pressure relief. Still requires the assistance of one person for task. |
| Two or more persons physical assist | 5 | Requires two or more assistants to readjust position in bed, and perform pressure area relief. |
| 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 level of assistance differs between voiding and bowel movement, record the lower performance. | | |
| Independent or supervision only | 1 | Able to mobilise to toilet, adjusts clothing, cleans self, has no incontinence or soiling of clothing. All tasks are performed independently or with prompting from carer. No hands-on assistance required. May be independent with the use of a device. |
| Limited physical assistance | 3 | Requires hands-on assistance of one person for one or more of the tasks. |
| Other than two persons physical assist | 4 | Requires the use of a catheter/uridome/urinal and/or colostomy/bedpan/commode chair and/or insertion of enema/suppository. Requires assistance of one person for management of the device. |
| Two or more persons physical assist | 5 | Requires two or more assistants to perform any step of the task. |

| Item | Score | Definition |
|--|-------|--|
| TRANSFER | | |
| Includes the transfer in and out of bed, bed to chair, in and out of shower/tub. Record the lowest performance of the day/night | | |
| Independent or supervision only | 1 | Able to perform all transfers independently or with prompting of carer. No hands-on assistance required. May be independent with the use of a device. |
| Limited physical assistance | 3 | Requires hands-on assistance of one person to perform any transfer of the day/night |
| Other than two persons physical assist | 4 | Requires use of a device for any of the transfers performed in the day/night. Requires only one person plus a device to perform the task |
| Two or more persons physical assist | 5 | Requires 2 or more assistants to perform any transfer of the day/night. |
| EATING | | |
| Includes the tasks of cutting food, bringing food to mouth and chewing and swallowing food. Does not include preparation of the meal. | | |
| Independent or supervision only | 1 | 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 that he/she administers him/herself then Score 1. |
| Limited assistance | 2 | Requires hands on assistance of one person to set up or assist in bringing food to the mouth and/or requires food to be modified (soft or staged diet). |
| Extensive assistance/total dependence/tube fed | 3 | Person needs to be fed meal by assistant, or the individual does not eat or drink full meals by mouth but relies on parenteral/gastrostomy feeding and does not administer feeds by him/herself. |

NOTE

- There is no score of "2" for bed mobility, toileting and transfers. For bed mobility, toileting and transfers the change from independent/supervision to limited assistance was found to equate to a three-fold increase in resources. For eating, the same change equated to a two-fold increase in use of resources.
- The RUG-ADL is based on what the person actually does, not what they are capable of doing. This is best achieved by asking "Do you...?" rather than "Can you...?"
- How do you score the unconscious or terminal patient for the item eating? Score 3 to indicate extensive assistance and total dependence as the patient does not feed him/herself.