Comagine Health
Formerly Qualis Health and HealthInsight

Quality Measure Tip Sheet:
Weight Loss — Long Stay

Quality Measure Overview

The measure captures the percentage of long-stay residents who had a weight loss of 5% or more in the last month or 10% or more in the last 6 months who were not on a physician weight-loss regimen noted in the MDS assessment during the selected quarter.

Numerator: Long-stay nursing home residents with a selected target assessment which indicates a weight loss of 5% or more in the last month or 10% or more in the last 6 months who were not on a physician prescribed weight-loss regimen (K0300 = [2]).

Denominator: Long-stay nursing home residents with a selected target assessment except those with exclusions.

Exclusion:

- Target assessment is an OBRA Admission assessment (A0310A = [01] ***or*** A PPS 5-Day assessment (A0310B = [01])
- Prognosis of life expectancy is less than 6 months (J1400 = [1] ***or*** the Prognosis item is missing (J1400 = [-]) on the target assessment.
- Receiving Hospice care (O0100K2 = [1]) ***or*** the Hospice care item is missing (O0100K2 = [-]) on the target assessment.
- Weight loss item is missing (K0300 = [-]) on the target assessment.

MDS Coding Requirements

In the MDS:

- Include a look-back period to assess residents with 5 percent weight loss in 30 days and 10 percent or more weight loss in 180 days.
- Indicate if a care plan was ordered by the physician with the goal of weight reduction which employed a calorie-restricted diet or other weight-loss tactics including planned diuresis.
  - A Physician prescribed weight loss regimen is a weight reduction plan ordered by the resident's physician with the care plan goal of weight reduction. May employ a calorie-restricted diet or other weight loss diets and exercise. Also includes planned diuresis. It is important that weight loss is 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?

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