

## Long-Term Care Survey Alert

### Survey & Clinical News

#### Looking for a fun exercise program proven to help fall proof residents?

A program called Combined Balance and Stepping Training (CBST) outperformed Tai Chi in helping elders improve their balance and reduce falls, according to research reported in a recent issue of the Journal of the American Geriatrics Society.

The study involved people 65 and older who were mildly impaired in their ability to stand on one foot and do a tandem walk.

CBST and Tai Chi have been shown to help seniors reduce their risk of falling. But the study showed that CBST resulted in "modest improvements in balance, stepping and functional mobility versus Tai Chi over a 10-week period," according to the article abstract.

The researchers suggest a future study should include a "prospective comparison of fall rates" for participants in the two different balance training programs.

#### Check out the March 2007 RAI manual update.

The latest update makes some minor, but significant changes. For example, the **Centers for Medicare & Medicaid Services** revised the definition of "Any Scheduled Toileting Plan" for coding H3a by adding the words "A plan for bowel and/or bladder elimination whereby staff members at scheduled times each day either take the resident to the toilet room, or give the resident a urinal, or remind the resident to go to the toilet. Includes bowel habit training and/or prompted voiding."

The update also deletes the words "or biological (e.g., contrast material)" from the following sentence for coding P1ac: "Includes any drug or biological (e.g., contrast material) given by intravenous push or drip through a central or peripheral port."

Review all the changes at [www.cms.hhs.gov/NursingHomeQualityInits/downloads/MDS20Update200703.pdf](http://www.cms.hhs.gov/NursingHomeQualityInits/downloads/MDS20Update200703.pdf).