interRAI CA (IRRS): Decision-Support Algorithms and Outcome Scales

Outcome scale	Description	interRAI CA assessment items	Score range

Self-Reliance Index	**The Self-Reliance Index** is a descriptive indicator that identifies the presence of activity of daily living (ADL) and/or cognitive impairments. The screening differentiates those who are self-reliant in all 5 ADLs and cognition from those who are impaired in 1 or more of those areas.	• Cognitive Skills for Daily Decision Making (C1)
		• ADL Self-Performance (C2):
		  – Bathing (C2a)
		  – Bath transfer (C2b)
		  – Personal hygiene (C2c)
		  – Dressing lower body (C2d)
		  – Locomotion (C2e)
			0 — Self-reliant
			1 — Impaired

Assessment Urgency Algorithm	The **Assessment Urgency Algorithm** is a 6-point scale used to prioritize the need and urgency for a comprehensive follow-up assessment (e.g., interRAI HC).	• ADL Self-Performance: Personal hygiene (C2c) • Dyspnea (C3) • Self-Reported Health (C4) • Self-Reported Mood: Sad, depressed or hopeless (C5c) • Conditions/diseases make cognitive, ADL, mood or behaviour patterns unstable (C6a) • Family or close friends report feeling overwhelmed (D19b)	**1 to 6** A higher score indicates a more urgent need for a follow-up assessment
Service Urgency Algorithm	The **Service Urgency Algorithm** is a 4-point scale used to identify persons who may be in urgent need of services (e.g., IV medication, wound care).	• ADL Self-Performance: Personal hygiene (C2c) • Pain frequency (D8a) • Treatments: IV therapy (D14b) • Treatments: Wound care (D14e) • Time Since Last Hospital Stay (D15) • Emergency Department Visit (D16)	**1 to 4** A higher score indicates a more urgent need for services

CIHI

Job Aid

Outcome scale	Description	interRAI CA assessment items	Score range

Rehabilitation Algorithm	The **Rehabilitation Algorithm** is a 5-point scale that is used to identify persons who may be candidates for rehabilitation services, specifically physiotherapy and occupational therapy.	• Referral to initiate or continue palliative services (B2c)
		• ADL Self-Performance: Locomotion (C2e)
		• IADL Capacity (D3):
		  – Meal preparation (D3a)
		  – Ordinary housework (D3b)
		  – Manage medications (D3c)
		  – Stairs (D3d)
		• Change in ADL Status (D4)
			1 to 5
			A higher score indicates greater suitability for rehabilitation services

Personal Support Algorithm	The **Personal Support Algorithm** is a 6-point decision-support tool that can be used to prioritize access to personal support services and to inform the amount of personal support services provided.	• Cognitive Skills for Daily Decision Making (C1)
		• ADL Self-Performance (C2):
		  – Bathing (C2a)
		  – Bath transfer (C2b)
		  – Personal hygiene (C2c)
		  – Dressing lower body (C2d)
		  – Locomotion (C2e)
		• Instability of Conditions (C6):
		  – Conditions/diseases make cognitive, ADL, mood or behaviour patterns unstable (C6a)
		  – Experiencing an acute episode or a flare-up (C6b)
		• Ability to Understand Others (D2)
		• IADL Capacity (D3):
		  – Meal preparation (D3a)
		  – Ordinary housework (D3b)
		  – Managing medications (D3c)
		  – Stairs (D3d)
		• Informal Helper Status (D19):
		  – Primary informal helper expresses feelings of distress, anger or depression (D19a)
		  – Family or close friends report feeling overwhelmed (D19b)
			1 to 6
			A higher score indicates greater need for personal support

Outcome scale	Description	interRAI CA assessment items	Score range
Changes in Health, End-Stage Disease and Signs and Symptoms (CHESS)	The **Changes in Health, End-stage Disease, and Signs and Symptoms (CHESS) scale** detects frailty and health instability and was designed to identify persons at risk of serious decline.	• Referral to initiate or continue palliative services (B2c) • Dyspnea (C3) • Change in Decision Making (D1) • Change in ADL Status (D4) • Peripheral edema (D7c) • Vomiting (D7d) • Noticeable decrease in amount of food/fluids consumed (D10a) • Weight loss (D10b)	**0 to 5** Higher scores are associated with adverse outcomes

Self-reported Mood Scale	The **Self-reported Mood Scale** is a self-reported measure of psychological well-being based on the frequency of indicators of dysphoria, anhedonia and anxiety.	• Self-Reported Mood (C5):
		  – Little interest or pleasure (C5a)
		  – Anxious, restless or uneasy (C5b)
		  – Sad, depressed or hopeless (C5c)
			0 to 9
			Higher scores indicate poorer self-reported mood

Pain Scale	The **Pain Scale** helps determine the frequency and intensity of pain. This scale validates well against the Visual Analogue Scale.	• Frequency with which person complains or shows evidence of pain (D8a) • Intensity of highest level of pain present (D8b)	**0 to 4** Higher scores indicate more severe pain

How to cite this document:
Canadian Institute for Health Information. *interRAI CA (IRRS): Decision-Support Algorithms and Outcome Scales* [job aid]. Ottawa, ON: CIHI; 2023.