

# Value Based Purchasing

**Dyspnea is one of the Star Rating Value Based Purchasing questions. The information below will give you guidance for answering the question.**

## **M1400 When is pt dyspneic or noticeably SOB**

1 -when walking >20 feet, climbing stairs

2- With moderate exertion e.g. while dressing, using the commode or bedpan, walking less than 20 feet

3- With minimal exertion e.g. while eating, talking, or performing other ADL's or with agitation

4- At rest during the day or night

### **Intent:**

- **Identifies the level of exertion/activity that results in a patients dyspnea or shortness of breath on day of assessment (24 hours prior)**
- **Look for a change in breathing pattern**
- **Look for increased use of accessory muscles**
- **Observation in the home and interview past 24 hours**
- **If pt uses oxygen continuously assess with O2 on**
- **If oxygen is use intermittently test w/out O2 on**
- **Assessment based on pts use of oxygen not MD order**
- **Take RR at rest and then after the Oasis walk**
- **Patients w/ CHF, COPD, asthma, emphysema, obesity, severe pain, severe scoliosis, kyphotic posture, recent surgery, poor endurance will more than likely have some dyspnea**
- **You must get the patient up and moving to asses dyspnea/changes in breathing**
- **If the pt is w/c bound or bed bound you still need to observe how much activity causes DOE**

Dyspnea Tasks & Substitution chart

Dyspnea	Tasks	Substitutions
1) Walking >20 feet	Walking >20 feet Climbing stairs	-Marching in place x 30 secs (standing) 45sec (sit/supine) -Sit to stand (x15 reps) -Arm raises (x1 minute)
2) Moderate exertion	Walking <20 feet Dressing Using commode Using bed pan	-Marching in place x 15 sec(standing) 25 secs (sit/stand) -sit to stand (x7 reps) -arm raises (x30 sec)
3) Minimal exertion	Eating Talking With agitation	-Combing hair -Brushing teeth -Shaving seated