

SECTION E. MOOD AND BEHAVIOR PATTERNS

1.	INDICATORS OF DEPRESSION, ANXIETY, SAD MOOD	<p><i>(Code for indicators observed in last 30 days, irrespective of the assumed cause)</i></p> <p>0. Indicator not exhibited in last 30 days 1. Indicator of this type exhibited up to five days a week 2. Indicator of this type exhibited daily or almost daily (6, 7 days a week)</p> <p>VERBAL EXPRESSIONS OF DISTRESS</p> <p>a. Resident made negative statements—e.g., <i>"Nothing matters; Would rather be dead; What's the use; Regrets having lived so long; Let me die"</i></p> <p>b. Repetitive questions—e.g., <i>"Where do I go; What do I do?"</i></p> <p>c. Repetitive verbalizations—e.g., calling out for help, <i>"God help me"</i></p> <p>d. Persistent anger with self or others—e.g., easily annoyed, anger at placement in nursing home; anger at care received</p> <p>e. Self deprecation—e.g., <i>"I am nothing; I am of no use to anyone"</i></p> <p>f. Expressions of what appear to be unrealistic fears—e.g., fear of being abandoned, left alone, being with others</p> <p>g. Recurrent statements that something terrible is about to happen—e.g., believes he or she is about to die, have a heart attack</p>	<p>h. Repetitive health complaints—e.g., persistently seeks medical attention, obsessive concern with body functions</p> <p>i. Repetitive anxious complaints/concerns (non-health related) e.g., persistently seeks attention/reassurance regarding schedules, meals, laundry, clothing, relationship issues</p> <p>SLEEP-CYCLE ISSUES</p> <p>j. Unpleasant mood in morning</p> <p>k. Insomnia/change in usual sleep pattern</p> <p>SAD, APATHETIC, ANXIOUS APPEARANCE</p> <p>l. Sad, pained, worried facial expressions—e.g., furrowed brows</p> <p>m. Crying, tearfulness</p> <p>n. Repetitive physical movements—e.g., pacing, hand wringing, restlessness, fidgeting, picking</p> <p>LOSS OF INTEREST</p> <p>o. Withdrawal from activities of interest—e.g., no interest in long standing activities or being with family/friends</p> <p>p. Reduced social interaction</p>	
2.	MOOD PERSISTENCE	<p>One or more indicators of depressed, sad or anxious mood were not easily altered by attempts to "cheer up", console, or reassure the resident over last 7 days</p> <p>0. No mood indicators 1. Indicators present, easily altered 2. Indicators present, not easily altered</p>		
3.	CHANGE IN MOOD	<p>Resident's mood status has changed as compared to status of 90 days ago (or since last assessment if less than 90 days)</p> <p>0. No change 1. Improved 2. Deteriorated</p>		
4.	BEHAVIORAL SYMPTOMS	<p>(A) Behavioral symptom frequency in last 7 days</p> <p>0. Behavior not exhibited in last 7 days 1. Behavior of this type occurred 1 to 3 days in last 7 days 2. Behavior of this type occurred 4 to 6 days, but less than daily 3. Behavior of this type occurred daily</p> <p>(B) Behavioral symptom alterability in last 7 days</p> <p>0. Behavior not present OR behavior was easily altered 1. Behavior was not easily altered</p> <p>a. WANDERING (moved with no rational purpose, seemingly oblivious to needs or safety)</p> <p>b. VERBALLY ABUSIVE BEHAVIORAL SYMPTOMS (others were threatened, screamed at, cursed at)</p> <p>c. PHYSICALLY ABUSIVE BEHAVIORAL SYMPTOMS (others were hit, shoved, scratched, sexually abused)</p> <p>d. SOCIALLY INAPPROPRIATE/DISRUPTIVE BEHAVIORAL SYMPTOMS (made disruptive sounds, noisiness, screaming, self-abusive acts, sexual behavior or disrobing in public, smeared/threw food/feces, hoarding, rummaged through others' belongings)</p> <p>e. RESISTS CARE (resisted taking medications/ injections, ADL assistance, or eating)</p>	(A)	(B)
5.	CHANGE IN BEHAVIORAL SYMPTOMS	<p>Resident's behavior status has changed as compared to status of 90 days ago (or since last assessment if less than 90 days)</p> <p>0. No change 1. Improved 2. Deteriorated</p>		