



# SNF Virtual Training Program – Part 1

## Section J: Health Conditions

Margaret Brown, OTD, OTR/L

May 2023



# Objectives

- Identify the revised pain assessment items in Section J.
- Discuss the new and revised pain assessment data element guidance for Section J.

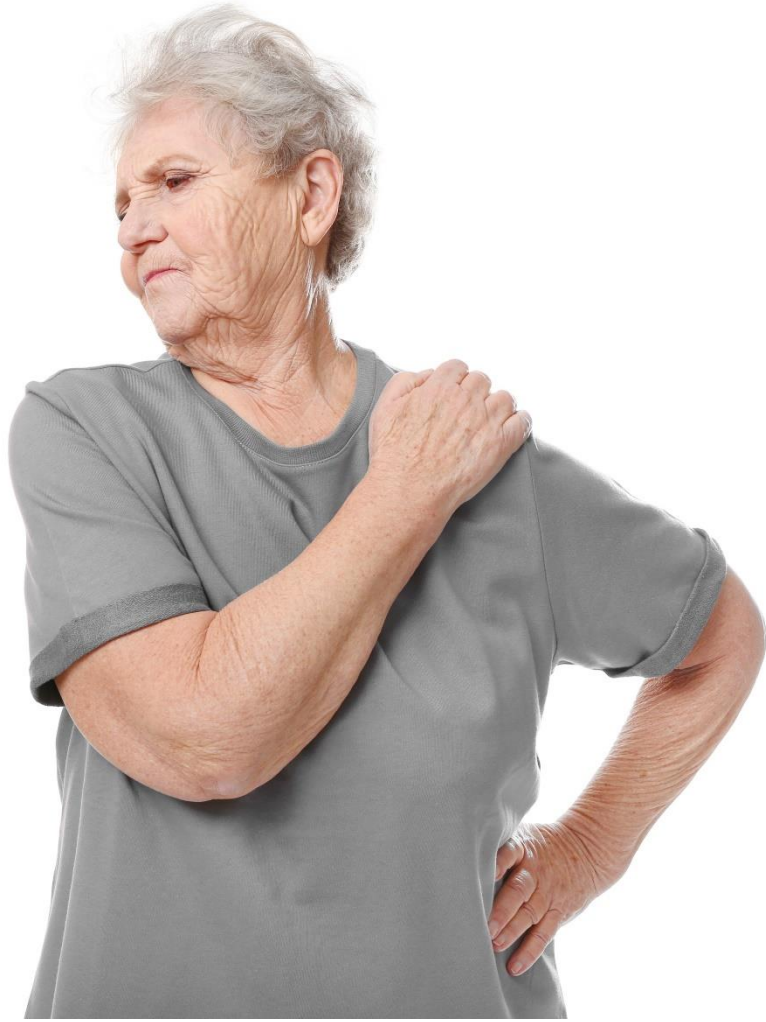


# Section J: Pain Assessment Interview Items – Overview

- Updates were made to replace “5-day look-back period” with “last 5 days.”
- Minor changes were made to enhance the clarity of J0100. Pain Management and J0200. Should Pain Assessment Interview Be Conducted?
- The Pain Assessment Interview, which includes items J0300–J0600, had the following specific modifications:
  - J0300. Pain Presence – updated coding instructions and skip pattern.
  - J0410. Pain Frequency – revised response options and coding instructions.
  - J0510. Pain Effect on Sleep (new).
  - J0520. Pain Interference with Therapy Activities (new).
  - J0530. Pain Interference with Day-to-Day Activities (new).

General revisions and updates were made to the other Section J items to enhance clarity.

# Section J: Intent



The pain items assess:

- The management of pain,
- The presence of pain,
- Pain frequency,
- Effect of pain on sleep, and
- Pain interference with therapy and day-to-day activities.





## J0200

Should Pain Assessment Interview Be Conducted?



## J0300–J0600

Pain Assessment Interview



## J0300–J0410

Pain Assessment Items J0300–J0410



## J0510

Pain Effect on Sleep



## J0520

Pain Interference with Therapy Activities



## J0530

Pain Interference with Day-to-Day Activities

**J0200**

Should Pain Assessment Interview Be Conducted?

# J0200. Should Pain Assessment Interview Be Conducted?



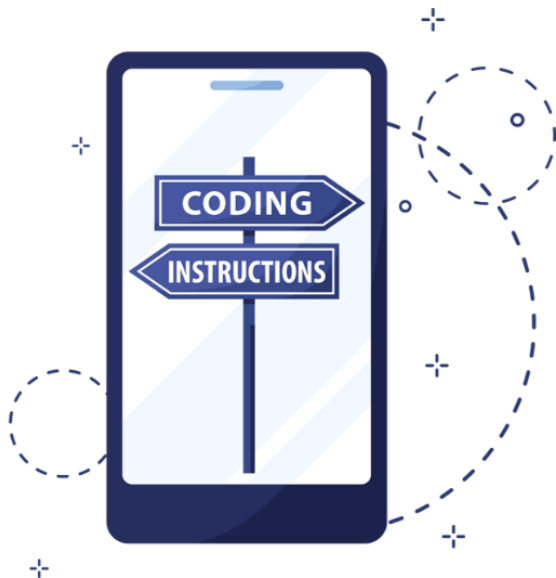
## J0200. Should Pain Assessment Interview be Conducted?

Attempt to conduct interview with all residents. If resident is comatose, skip to J1100, Shortness of Breath (dyspnea)

Enter Code

☐

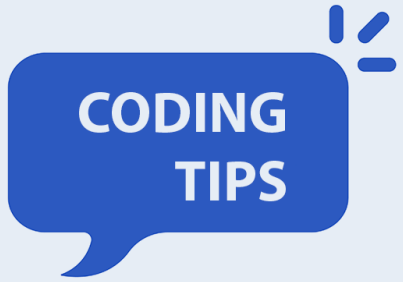
0. **No** (resident is rarely/never understood) → Skip to and complete J0800, Indicators of Pain or Possible Pain
1. **Yes** → Continue to J0300, Pain Presence



The coding instructions for this item were revised for clarity.

- Attempt to complete the interview **with all residents**.

# J0200: Coding Tips



Coding tips were enhanced to clarify the skip pattern for this item:

- If it is not possible for an interpreter to be present during the look-back period, code J0200 = 0 (No) to indicate **the Pain Assessment Interview was not attempted, skip the Pain Assessment Interview items (J0300–J0600), and complete the Staff Assessment of Pain item (J0800).**

**J0300–J0600**

# Pain Assessment Interview

# J0300–J0600: Item Rationale



## Planning for Care:

The assessment of pain is not associated with any particular approach to pain management.

- Since the use of opioids is associated with serious complications, an array of successful non-pharmacologic and non-opioid approaches to pain management may be considered.



# J0300–J0600: Item Rationale (cont.)



There are a range of pain management strategies that can be used, including but not limited to:

- Non-opioid analgesic medications.
- Transcutaneous electrical nerve stimulation (TENS) therapy.
- Supportive devices.
- Acupuncture.
- Biofeedback.
- Application of heat/cold.
- Massage.
- Physical therapy.
- Nerve block.
- Stretching and strengthening exercises.
- Chiropractic.
- Electrical stimulation.
- Radiotherapy.
- Ultrasound.

# J0300–J0600: Steps for Assessment



The wording of the Steps for Assessment for J0300–J0600 has been enhanced to provide more clarity.

References to pain and its effects, and to the 5-day look-back period, have been specified.



**J0300–J0410**

**Pain Assessment Items J0300–J0410**

# J0300. Pain Presence



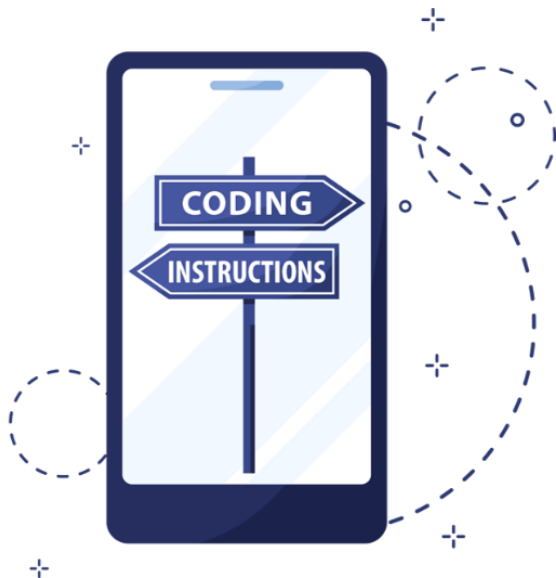
## J0300. Pain Presence

Enter Code

☐

Ask resident: ***“Have you had pain or hurting at any time in the last 5 days?”***

0. **No** → Skip to J1100, Shortness of Breath
1. **Yes** → Continue to J0410, Pain Frequency
9. **Unable to answer** → Skip to J0800, Indicators of Pain or Possible Pain



The coding instructions for this item were revised for clarity.

- References to pain and its effects, and to the 5-day look-back period, have been updated.

# J0410. Pain Frequency



## J0410. Pain Frequency

Enter Code

☐

Ask resident: ***"How much of the time have you experienced pain or hurting over the last 5 days?"***

1. Rarely or not at all
2. Occasionally
3. Frequently
4. Almost constantly
9. Unable to answer



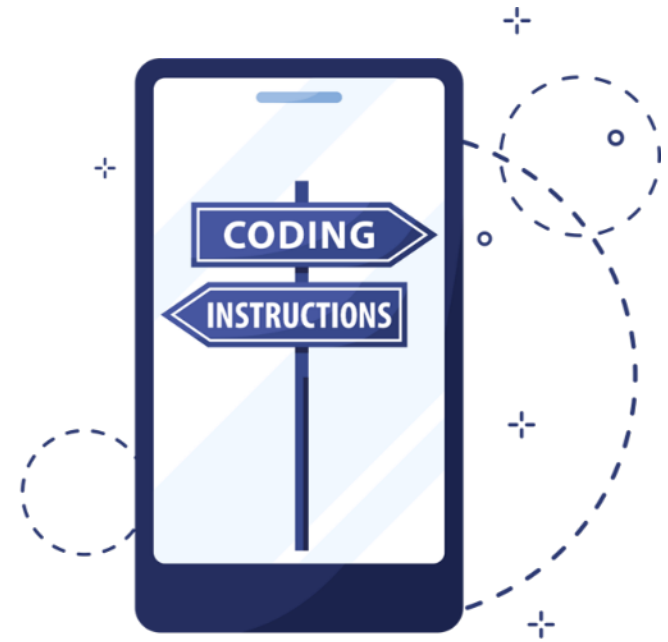
The response options for this item have been revised and reorganized.

# J0410: Coding Instructions



Code for pain frequency **over** the **last** 5 days.

- **Code 1, Rarely or not at all:** if the resident responds “**rarely**” to the question.
- **Code 2, Occasionally:** if the resident responds “**occasionally**” to the question.
- **Code 3, Frequently:** if the resident responds “**frequently**” to the question.
- **Code 4, Almost constantly:** if the resident responds “**almost constantly**” to the question.
- **Code 9, Unable to answer:** if the resident is unable to respond, does not respond, or gives a nonsensical response.



# Cue Cards for the Pain Assessment Interview

Alternative approaches, such as cue cards, may be helpful communication approaches to consider for some items and some residents. When conducting the Pain Assessment Interview, presenting the response options for the Pain Assessment Interview written on a cue card may help the resident respond to these items.

- CMS will be offering a set of cue cards to assist providers in administering the pain interview in a written format. These will be made available in accordance with the go live date for the MDS 3.0 RAI v1.18.11.



Visit the SNF QRP Training webpage to find these cue cards when they become available:  
[Skilled Nursing Facility \(SNF\) Quality Reporting Program \(QRP\) Training | CMS](#)

# Pain Assessment Interview Coding Tips Applicable to J0510–J0530



The Pain Assessment Interview data elements J0510, J0520, and J0530 should be coded based on the resident's interpretation of the provided response options for frequency.

- If the resident is unable to decide between two options, then the assessor should code for the option with the *higher frequency*.

# Use of Code 8 and Code 9

<b>Items</b>	<b>Response Code Used</b> if the resident is unable to answer the question, does not respond, or gives a nonsensical response.
J0510, J0520, J0530	<b>Code 8</b> , Unable to answer.
J0300, J0410, J0600	<b>Code 9</b> , Unable to answer.

**J0510**

Pain Effect on Sleep



# J0510. Pain Effect on Sleep



## J0510. Pain Effect on Sleep

Enter Code

☐

Ask resident: *“Over the past 5 days, how much of the time has pain made it hard for you to sleep at night?”*

1. Rarely or not at all
2. Occasionally
3. Frequently
4. Almost constantly
8. Unable to answer

This item replaced J0500. Pain Effect on Function.

This item captures information previously captured by J0500A. Over the Past 5 Days, Has Pain Made It Hard for You to Sleep at Night? and gathers additional detail on the frequency of pain impacting sleep.

# J0510: Steps for Assessment



1. Read the question and response choices exactly as they are written.
2. No pre-determined definitions are offered to the resident. The response should be based on their interpretation of frequency response options.
3. If the resident's response does not lead to a clear answer, repeat the resident's response and then try to narrow the focus of the response.

# J0510: Steps for Assessment – Example

The assessor asks the resident:

*“Over the past 5 days, how much of the time has pain made it hard for you to sleep at night?”*

The resident responds by saying:

*“I always have trouble sleeping.”*

The assessor replies:

*“You always have trouble sleeping. Is it your pain that makes it hard for you to sleep?”*

The assessor can then narrow down responses with additional follow-up questions about the frequency.

# J0510: Coding Instructions



**Code for pain effect on sleep over the last 5 days.**

*If the resident responds that pain has \_\_\_\_\_ made it hard to sleep over the past 5 days.*

*If the resident is unable to answer the question, does not respond, or gives a nonsensical response.*

Rarely or  
not at all  
**Code 1**

Occasionally  
**Code 2**

Frequently  
**Code 3**

Almost  
constantly  
**Code 4**

Unable to answer  
**Code 8**

# J0510: Coding Tips



If the resident reports they had pain over the past 5 days and the pain does not interfere with their sleep (e.g., because the resident is using pain management strategies successfully), code **1, Rarely or not at all.**

**J0520**

**Pain Interference with Therapy Activities**

# J0520. Pain Interference with Therapy Activities



## J0520. Pain Interference with Therapy Activities

Enter Code

☐

Ask resident: *"Over the past 5 days, how often have you limited your participation in rehabilitation therapy sessions due to pain?"*

- 0. Does not apply - I have not received rehabilitation therapy in the past 5 days
- 1. Rarely or not at all
- 2. Occasionally
- 3. Frequently
- 4. Almost constantly
- 8. Unable to answer

# J0520: Definition



## Rehabilitation Therapy



Special healthcare services or programs that help a person regain physical, mental, and/or cognitive (thinking and learning) abilities that have been lost or impaired as a result of disease, injury, or treatment.

- Can include, for example, physical therapy, occupational therapy, speech therapy, and cardiac and pulmonary therapies.



# J0520: Steps for Assessment



1. Read the question and response choices as written.

*“Over the past 5 days, how often have you limited your participation in rehabilitation therapy sessions due to pain?”*

# J0520: Coding Instructions



**Code for pain interference with therapy activities over the last 5 days.**

*If the resident responds that they did not participate in rehabilitation therapy for reasons unrelated to pain (e.g., therapy not needed, unable to schedule).*

Does not apply  
**Code 0**

*If the resident responds that pain has \_\_\_\_\_ limited their participation in rehabilitation therapy sessions over the past 5 days.*

Rarely or not at all  
**Code 1**

Occasionally  
**Code 2**

Frequently  
**Code 3**

Almost constantly  
**Code 4**

*If the resident is unable to answer the question, does not respond, or gives a nonsensical response.*

Unable to answer  
**Code 8**

# J0520: Coding Tips



Rehabilitation therapies may include treatment supervised in person by a therapist or nurse or other staff or the resident carrying out a prescribed therapy program without staff members present.

**J0530**

**Pain Interference with Day-to-Day Activities**

# J0530. Pain Interference with Day-to-Day Activities



## J0530. Pain Interference with Day-to-Day Activities

Enter Code

☐

Ask resident: “Over the past 5 days, *how often have you limited your day-to-day activities (excluding rehabilitation therapy sessions) because of pain?*”

1. Rarely or not at all
2. Occasionally
3. Frequently
4. Almost constantly
8. Unable to answer



# J0530: Steps for Assessment



1. Read the question and response choices as written.

*“Over the past 5 days, how often have you limited your day-to-day activities (excluding rehabilitation therapy sessions) because of pain?”*

# J0530: Coding Instructions



**Code for pain interference with day-to-day activities over the last 5 days.**

*If the resident responds that pain has \_\_\_\_\_  
limited their day-to-day activities  
(excluding rehabilitation therapy sessions) over the past 5 days.*

*If the resident is unable to  
answer the question, does  
not respond, or gives a  
nonsensical response.*

Rarely or  
not at all  
**Code 1**

Occasionally  
**Code 2**

Frequently  
**Code 3**

Almost  
constantly  
**Code 4**

Unable to answer  
**Code 8**

# Summary



Section J intent has been updated.

Revisions have been made to:

- J0200 coding instructions and coding tips.
- J0300 coding instructions.
- J0410 response options and coding instructions.

Section J contains new data elements J0510. Pain Effect on Sleep, J0520. Pain Interference with Therapy Activities, and J0530. Pain Interference with Day-to-Day Activities, which have been added to the **Pain Assessment Interview**.



# Submitting Questions

If you have questions about this presentation, please submit them to [PACTraining@EconometricalInc.com](mailto:PACTraining@EconometricalInc.com) by June 2, 2023.

Select questions will be answered in Q&A sessions offered during the June 2023 virtual live event.

