

# The Rehabilitation Complexity Scale: extended (version 13)

## Further instructions for application

**For each subscale, circle highest level applicable**

### CARE or RISK

Describes the level of support the patient needs for either basic self care or to maintain their safety

**NB: If not sure which to record, rate both CARE and RISK and use highest score**

### BASIC CARE AND SUPPORT NEEDS

Includes assistance for basic care activities (either physical help or stand0by supervision)

Includes washing, dressing, hygiene, toileting, feeding and nutrition, maintaining safety etc.

|            |  |
|------------|--|
| <b>C 0</b> | <b>Largely independent.</b> Manages basic self-care tasks largely by themselves.<br>May have incidental help just to set up or to complete – e.g. application of orthoses, tying laces etc               |
| <b>C 1</b> | Requires <b>help from 1 person</b> for most basic care needs ie for washing, dressing, toileting etc.<br>May have incidental help from a 2 <sup>nd</sup> person – e.g. just for one task such as bathing |
| <b>C 2</b> | Requires <b>help from 2 people</b> for the majority of their basic care needs  |
| <b>C 3</b> | Requires <b>help from ≥3 people</b> for basic care needs   |
| <b>C 4</b> | Requires constant <b>1:1 supervision</b> e.g. to manage confusion and maintain their safety  |

### RISK- COGNITIVE / BEHAVIOURAL NEEDS

(An alternative care primarily for 'walking wounded' patients who may be able to manage all/most of their own basic care, but there is some risk for safety eg due to confusion, impulsive behaviour or neuropsychiatric disturbance )

Includes supervision to maintaining safety or managing confusion eg in patients to have a tendency to wander, or managing psychiatric / mental health needs.

|            |   |
|------------|---|
| <b>R 0</b> | <b>No risk – Able to maintain their own safety and to go out unescorted</b><br>Able to maintain their own safety at all times   |
| <b>R 1</b> | <b>Low risk</b> – standard precautions only for safety monitoring within a structured environment<br>But <b>requires escorting</b> outside the unit<br>Maintains own safety within a structured environment, requiring only routine checks, but requires accompanying when outside the unit                     |
| <b>R 2</b> | <b>Medium risk – additional safety measures</b> OR managed under MHA section<br>Additional safety measures even within a structured environment, eg alarms, tagging, or above standard monitoring (eg 1-2 hrly checks)<br>OR managed under section of the Mental Health Act (time for additional paperwork etc) |
| <b>R 3</b> | <b>High risk –Frequent observations</b> (May also be managed under MHA section)<br>Needs frequent observations even within a structured environment, eg ½ -1 hrly checks, or 1:1 supervision for part(s) of the day/night   |
| <b>R 4</b> | <b>Very high risk - Requires constant 1:1 supervision</b><br>Needs 1:1 supervision all of the time  |

| <b>SKILLED NURSING NEEDS</b>   |   |  |
|--|---|--|
| Describes the level of skilled nursing intervention from a qualified or specialist trained nurse |   |  |
| <b>N 0</b>   | No needs for skilled nursing – needs can be met by care assistants only   | <b>Tick nursing disciplines required:</b>  |
| <b>N 1</b>   | Requires intervention from a <b>qualified nurse</b> (with general nursing skills and experience)<br>e.g. medication, wound/stoma care, nursing obs, enteral feeding, setting up IV infusion etc)  | General registered nursing   |
| <b>N 2</b>   | Requires intervention from <b>nursing staff who are trained and experienced in rehabilitation</b><br>e.g. for maintaining positioning programme, walking / standing practice, splint application, psychological support   | Rehab-trained nurses<br>Mental Health (RMN)  |
| <b>N 3</b>   | Requires <b>highly specialist nursing care</b> e.g. for very complex needs such as <ul style="list-style-type: none"> <li>• Management of tracheostomy Management of challenging behaviour / psychosis / complex psychological needs</li> <li>• Highly complex postural, cognitive or communication needs</li> <li>• Vegetative or minimally responsive states, locked-in syndromes</li> </ul>  | Palliative care nursing<br>Specialist neuro nurse (eg MS, PD, MND)<br>Other                              |
| <b>N 4</b>   | Requires <b>high dependency specialist nursing</b> (high level nursing skills <u>and</u> intensive input)<br>eg medically unstable, requiring very frequent monitoring/ intervention by a qualified nurse - hourly or more often, (usually also specialist training eg IV drug administration or ventilation etc).  |  |
| <b>MEDICAL NEEDS</b>   |   |  |
| Describes the approximate level of medical care environment for medical/surgical management      |   |  |
| <b>M 0</b>   | <b>No active medical intervention</b> - Could be managed by GP on basis of occasional visits)   | <b>Tick medical interventions required:</b>  |
| <b>M 1</b>   | <b>Basic investigation / monitoring / treatment</b><br>(Requiring non-acute hospital care, could be delivered in a community hospital with day time medical cover)<br>i.e. requires only routine blood tests / imaging. Medical monitoring can be managed through review by a junior medic x2-3 per week, with routine consultant ward-round + telephone advice if needed)  | Blood tests<br>Imaging (CT / MRI)<br>Other Investigation<br>State type.....                              |
| <b>M 2</b>   | <b>Specialist medical / psychiatric intervention - for diagnosis or management/procedures</b><br>(Requiring in-patient hospital care in DGH or specialist hospital setting)<br>i.e. requires more complex investigations, or specialist medical facilities e.g. dialysis, ventilatory support. Frequent or unpredictable needs for consultant input or specialist medical advice, surgical intervention , psychiatric evaluation/treatment.                       | Medication adjustment / monitoring<br>Surgical procedure (eg tenotomy)<br>State type.....                |
| <b>M 3</b>   | <b>Potentially unstable medical / psychiatric condition</b> - Requiring 24 hour on-site acute medical / psychiatric cover (depending on type of need)<br>Potentially unstable: May require out-of hours intervention – e.g. for uncontrolled seizures, immuno-compromised condition, - or for psychiatric medical adjustment / emergency risk assessment etc)<br>Needs to be managed in a setting where there is on-site 24 emergency medical /psychiatric cover. | Medical procedure (eg Botulinum toxin)<br>State type.....<br>Specialist opinion<br>State discipline..... |
| <b>M 4</b>   | <b>Acute medical / surgical problem (or psychiatric crisis)</b> Requiring emergency out-of-hours, intervention<br>Requires acute medical/surgical care e.g. infection, acute complication, post surgical care. Ie actual involvement of the 24 hour medical (or surgical or psychiatric) services, whether on a planned or unplanned basis  | Medico-legal or capacity issues<br>Other.....  |

**THERAPY NEEDS**

Describes the

- a) number of different therapy disciplines required and
- b) intensity of treatment

Includes individual or group-based session runs by therapists, but NOT rehabilitation input from nursing staff which is counted in N2.

(NB The Northwick Park Therapy Dependency Assessment (NPTDA) can be used to calculate total therapy hours in more complex cases e.g. and provide more detailed information regarding time for each discipline etc. It also includes quantitative information on the rehabilitation time provided by nursing staff)

**Therapy Disciplines: State number of different therapy disciplines required to be actively involved in treatment**

|             |                                     |  |
|-------------|-------------------------------------|--|
| <b>TD 0</b> | <b>0</b> – no therapist involvement | <b>Tick therapy disciplines required:</b><br>Physio<br>O/T<br>SLT<br>Dietetics<br>Social work<br>Other<br>Psychology<br>Counselling<br>Music/art therapy<br>Play therapy/school<br>DEA/Jobcentre Plus<br>Recreational therapy<br>Other<br>Orthotics<br>Prosthetics<br>Rehab Engineer<br>Other: |
| <b>TD 1</b> | <b>1</b> discipline only            |  |
| <b>TD 2</b> | <b>2-3</b> disciplines              |  |
| <b>TD 3</b> | <b>4-5</b> disciplines              |  |
| <b>TD 4</b> | <b>≥6</b> disciplines               |  |

**Therapy Intensity: State overall intensity of trained therapy intervention** required from team as a whole

|             |   |
|-------------|---|
| <b>TI 0</b> | <b>No therapy intervention</b><br>(Or a total of <1 hour therapy input per week - Rehab needs are met by nursing/care staff or self-exercise programme)   |
| <b>TI 1</b> | Low level – <b>less than daily</b> (eg assessment / review / maintenance / supervision)<br><b>OR Group therapy sessions only</b><br>(ie Patient does not receive therapy sessions every day ( or has <1 hour therapy per day)<br>This usually means that a) they currently have mainly needs for care, nursing or medical treatment, or b) they are on a low intensity review only or group-based programme – or c) they are on a winding-down programme in preparation for discharge)  |
| <b>TI 2</b> | Moderate – <b>daily intervention - individual sessions with one therapist</b> to treat for most sessions<br><b>OR very intensive Group programme</b> of ≥6 hours/day<br>(ie Patient may have treatment from a number of different therapists (see TD), but is treated by one therapist at a time<br>They will normally have therapy sessions every day 5 days a week, for a total of 2-3 hours per day (some of which may be periods of self-exercise under distant supervision if they are able)<br>Or they have therapy in group based sessions on a very intensive basis (> 6 hours per day spent in group sessions) |
| <b>TI 3</b> | <b>High level – Daily intervention with therapist PLUS assistant and/or additional group sessions</b><br>Patient requires a second pair of hands for some treatment sessions, treatments ( eg physical handling) and so is treated by a therapist with an assistant ( who may be unqualified)<br>OR they require an intensive programme ≥25 hours of total therapy time per week, (eg 4-5 hours per day 5 days per week) some of which may be sessions with a therapy assistant, or group-based sessions in addition to their individual daily therapy programme  |
| <b>TI 4</b> | <b>Very High level – very intensive</b> (eg 2 trained therapists to treat, or total 1:1 therapy >30 hrs/week)<br>Patient has very complex therapy needs requiring two trained therapists at a time (with or without a 3 <sup>rd</sup> assistant)<br>– eg for complex physical handling needs, management of unwanted behaviours etc<br>OR they require a very intensive programme involving > 30 hours of total therapy time per week.  |

**Total Total T score (TD + TI) :.....**

**EQUIPMENT NEEDS**

Describes the requirements for personal equipment

|            |   |  |  |
|------------|---|--|--|
| <b>E 0</b> | <b>No needs</b> for special equipment   | Basic Special Equipment  | Highly Specialist Equipment  |
| <b>E 1</b> | Requires <b>basic special equipment</b> (off the shelf)   | Wheelchair/seating<br>Pressure cushion<br>Special mattress<br>Standing frame<br>off-shelf orthotic<br>Other..... | Environmental control<br>Communication aid<br>Customised seating<br>Customised standing aid<br>Customised orthotic<br>Assisted Ventilation<br>Other..... |
| <b>E 2</b> | Requires <b>highly specialist equipment</b><br><br>(eg Electronic assistive technology or highly customized equipment that is made or adapted specifically for that individual) |  |  |

**RCS v 13 – extended: Service Summary Sheet**

| <b>CENTRE DETAILS</b>         |  |
|-------------------------------|--|
| <b>Name of centre</b>         |  |
| <b>No of neuro-rehab beds</b> |  |
| <b>Type of service</b>        | Complex specialised rehabilitation service                       |
|                               | Specialist rehabilitation service                                |
|                               | General rehabilitation service                                   |
| <b>Sample of patients</b>     | All current in-patients<br>Selected sample from a total of ..... |

**REHABILITATION COMPLEXITY SCORES for current in-patients: Date..../..../....**

| No. | Patient | Care     | Risk     | Nursing  | Medical  | Therapy   |           | Equip    | Total | Comment |
|-----|---------|----------|----------|----------|----------|-----------|-----------|----------|-------|---------|
|     |         | C<br>0-4 | R<br>0-4 | N<br>0-4 | M<br>0-4 | TD<br>0-4 | TI<br>0-4 | E<br>0-2 |       |         |
| 1   |         |          |          |          |          |           |           |          |       |         |
| 2   |         |          |          |          |          |           |           |          |       |         |
| 3   |         |          |          |          |          |           |           |          |       |         |
| 4   |         |          |          |          |          |           |           |          |       |         |
| 5   |         |          |          |          |          |           |           |          |       |         |
| 6   |         |          |          |          |          |           |           |          |       |         |
| 7   |         |          |          |          |          |           |           |          |       |         |
| 8   |         |          |          |          |          |           |           |          |       |         |
| 9   |         |          |          |          |          |           |           |          |       |         |
| 10  |         |          |          |          |          |           |           |          |       |         |
| 11  |         |          |          |          |          |           |           |          |       |         |
| 12  |         |          |          |          |          |           |           |          |       |         |
| 13  |         |          |          |          |          |           |           |          |       |         |
| 14  |         |          |          |          |          |           |           |          |       |         |
| 15  |         |          |          |          |          |           |           |          |       |         |
| 16  |         |          |          |          |          |           |           |          |       |         |
| 17  |         |          |          |          |          |           |           |          |       |         |
| 18  |         |          |          |          |          |           |           |          |       |         |
| 19  |         |          |          |          |          |           |           |          |       |         |
| 20  |         |          |          |          |          |           |           |          |       |         |
| 21  |         |          |          |          |          |           |           |          |       |         |
| 22  |         |          |          |          |          |           |           |          |       |         |
| 23  |         |          |          |          |          |           |           |          |       |         |
| 24  |         |          |          |          |          |           |           |          |       |         |
| 25  |         |          |          |          |          |           |           |          |       |         |
| 26  |         |          |          |          |          |           |           |          |       |         |
| 27  |         |          |          |          |          |           |           |          |       |         |
| 28  |         |          |          |          |          |           |           |          |       |         |
| 29  |         |          |          |          |          |           |           |          |       |         |
| 30  |         |          |          |          |          |           |           |          |       |         |

*Photocopy if necessary to include further patients.* NB. Total RCS score = sum of C or R (use highest score) + N, M, TD, TI & E