Bilag 3 Self Care Progress Report i Bakers Model for restorative care (34 Appendix) anvendt af Tinetti et al (33,40)

Appendix

SELF-CARE PROGRESS REPORT

Purpose: To identify areas where patient requires assistance of another person to complete activities of daily life & to track the regaining of the abilities to independently perform those tasks in order to remain safely at home.

Patient Goal:

Goal: Pt will be as independent as possible, as quickly as possible in the following tasks:	Previous Function	Current Function	Date	Date	Date
MEAL PREP CLEANUP/FEEDING/EATING					
Get food from refrigerator, cabinets					
Obtain cooking utensils, pots, pans					
Prepares food to cook: wash, peel					
Cooks/reheats meal					
Carries food to table					
Manages utensils					
Consumes solid food					
Consumes liquid food					
Clears table, stores food					
Wash dishes					
NUTRITION					
MEDICATIONS					
Take scheduled medications					
FLUIDS					
TOILETING					
Removes/replaces clothes					
Transfer on and off toilet					
Cleans self					
Flush toilet; wash hands					
CONTINENCE					
Timed toileting					
Catheter care					
Use/care bedpan, commode, urinal					

(Appendix continues on next page)

www.cfkr.dk
kontakt@cfkr.dk
Institut for Medicin og Sundhedsteknologi
Aalborg Universitet
Frederik Bajers Vej 7 E4
DK-9220 Aalborg
AALBORG UNIVERSITY DENMARK
DASYS Dansk Sygepleje Selskab

SELF-CARE PROGRESS REPORT (Continued)

Goal: Pt will be as independent as possible, as quickly as possible in the following tasks:	Previous Function	Current Function	Date	Date	Date
GROOMING					
Shave [if applicable]					
Apply cosmetics, lotions					
Wash and dry face					
Combs/brushes hair					
Finger/toenail care					
Brush teeth, clean dentures					
BATHING					
Obtain supplies (towel, soap, etc.)					
Turn water on/off. Adjust temp.					
Get in bathing position (stand at sink, transfers to shower, tub, adaptive equipment)					
Lather total body & rinse					
Shampoo hair (shower or sink)					
Transfer out of bathing position					
Dry total body					
DRESSING					
Obtain & store clothes					
Dress & undress upper body					
lower body (pants, skirt, etc.)					
Stockings, socks & shoes					
INDOOR MOBILITY					
Bed mobility, come to sitting position					
Transfer: sit to stand					
Move between rooms					
between levels up/down stairs or elevator					
EXERCISES					
ENDURANCE					
ADDITIONAL TRANSFERS					
LAUNDRY					
Gather laundry & carry to & from washing machine or sink					
Launder clothing in machine, hand wash, use dryer or hang on line					
Folds clothes					
Put laundry away					
LIGHT HOUSEKEEPING					
Make bed					
Remove clutter and dust					
Sweep/dry mop					
Change bed linens					
Clean toilet					
SHOPPING					
Make list					
Puts item away					
SAFETY					
Stairs, Climbing, Displacing activities					

A = Aide only; AP = Aide & Patient; P = Patient; CG = Caregiver; NA = Not applicable.

www.cfkr.dk
kontakt@cfkr.dk
Institut for Sundhedsvidenskab og Teknologi,
Aalborg Universitet
Frederik Bajers Vej 7 E4
DK-9220 Aalborg
AALBORG UNIVERSITY DENMARK
DASYS Dansk Sygepleje Selskab