

## Module 8: Self-Care and Activities of Daily Living

## QUIZ

- You may use your binder as a reference to answer these questions
- Submit your completed quiz to the Nurse Clinician or designate for marking
- Your test will be returned to you to keep in your binder

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Choose the task that is not considered a basic activity of daily living (ADL):
  - a. personal hygiene and grooming (including brushing/combing/styling hair, shaving, oral care and foot care)
  - b. bathing and showering (washing the body including the feet)
  - c. dressing and undressing (upper and lower body)
  - d. shopping for groceries, clothing or any necessary items
  - e. toilet hygiene (completing the act of urinating/defecating)
  - f. self-feeding (not including chewing or swallowing)
  - g. functional mobility (moving from one place to another while performing activities)
2. List 5 activities that are considered instrumental ADLs (5 points)

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_

3. List 5 assistive devices that are considered adaptive aids for performing ADLs: (5 points)

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_

### TRUE/FALSE Questions

(circle the correct letter)

- T    F    4. Once you have assessed the patient's abilities to perform basic ADLs, you don't have to assess again.
- T    F    5. Premorbid education, learning and cognition are not factors to consider with performance of ADLs after a stroke.
- T    F    6. When required, opting in to assist the patient in performing ADLs is necessary to maintain effort, motivation and dignity for the patient.
- T    F    7. Scheduling family members/caregivers to train and practice ADLs is an effective means to assist with transitioning the patient to their home and community post-hospital discharge.

SCORE: \_\_\_\_\_ / 15

Nurse Clinician/Designate signature: \_\_\_\_\_