

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: _____