

Self-Care Deficit

Setting: **Inpatient** Population: **Adult** Keywords: **IADL, self care, ADL, BADL, activities of daily living**

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Clinical Description

Care of the hospitalized patient experiencing limitations in the safe and independent performance of activities of daily living.

Key Information

- It is important to consider the patient's cultural norms, along with individual priorities and preferences when promoting self-care performance.
 - Early rehabilitation and care aimed at increasing self-care abilities are important to help prevent loss of independence and associated negative health outcomes.
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Clinical Goals

By transition of care

A. The patient will demonstrate achievement of the following goals:

- Improved Ability to Complete Activities of Daily Living

B. Patient, family or significant other will teach back or demonstrate education topics and points:

- Education: Overview
 - Education: Self Management
 - Education: When to Seek Medical Attention
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Correlate Health Status

Correlate health status to:

- history, comorbidity
 - age, developmental level
 - sex, gender identity
 - baseline assessment data
 - physiologic status
 - response to medication and interventions
 - psychosocial status, social determinants of health
 - barriers to accessing care and services
 - health literacy
 - cultural and spiritual preferences
 - safety risks
 - family interaction
 - plan for transition of care
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Self-Care Deficit

Signs/Symptoms/Presentation

- active movement limitation
- bathing ability limited
- dressing ability limited
- grooming ability limited
- inability to complete BADLs (basic activities of daily living)
- inability to complete IADLs (instrumental activities of daily living)
- laundry performance ability limited
- limited endurance
- meal preparation ability limited
- medication management ability limited
- muscle weakness
- pain limits activity
- personal hygiene care ability limited
- reluctance to perform self-care
- requires prompting to perform self-care
- requires assistance with self-care
- self-feeding ability limited

- shortness of breath
- toileting ability limited

Problem Intervention(s)

Promote Activity and Functional Independence

- Evaluate ability to perform and complete BADLs (basic activities of daily living) and IADLs (instrumental activities of daily living) safely and independently.
- Identify patient's preferences for clothing, food and personal care items; offer and honor patient choice when possible.
- Provide therapeutic interventions, such as modifications or adaptations to personal care tasks or routines to maximize independence and safety.
- Encourage active participation and independence in daily activity; provide level of assistance required for safety.
- Promote use of recommended adaptive equipment, devices and orthoses.
- Implement appropriate environmental modifications, such as decluttering and rearranging room to allow wheelchair access.
- Maintain patient's preferred routines and habits; respect privacy and personal space.
- Schedule self-care activities when pain and fatigue are at a minimum to encourage optimal performance.
- Pace activity; allow adequate time and rest periods to conserve energy.
- Provide frequent encouragement, along with prompting and assistance as needed.
- Provide set-up of items if patient is unable to retrieve; store personal care items in accessible location.
- Individualize instructions and prompts to patient's cognitive status to promote effective communication; simplify verbal directions, give encouragement and provide demonstrated cues as needed.
- Position the patient for optimal performance, such as sitting in a chair for meals or performing hygiene at sink.

Associated Documentation

- Activity Assistance Provided
- Adaptive Equipment Use
- Self-Care Promotion

General Education

- admission, transition of care
 - orientation to care setting, routine
 - advance care planning
 - diagnostic tests/procedures
 - opioid medication management
 - oral health
 - medication management
 - pain assessment process
 - safe medication disposal
 - tobacco use, smoke exposure
 - treatment plan
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Safety Education

- call light use
 - equipment/home supplies
 - fall prevention
 - harm prevention
 - infection prevention
 - MDRO (multidrug-resistant organism) care
 - personal health information
 - resources for support
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Education: Overview

- risk factors
 - signs/symptoms
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Education: Self Management

- self-care
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Education: When to Seek Medical Attention

- unresolved/worsening symptoms
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