

24 HOUR ADL RECALL

PREPARATION

INTERVIEWER: LET'S SEE HOW YOUR DAILY ROUTINE COULD IMPACT YOUR SKIN HEALTH.

INTERVIEWER: LET'S START FROM THE TIME YOU WAKE UP UNTIL YOU GO TO SLEEP AGAIN.

QUESTIONS

WHAT TIME DO YOU GO TO SLEEP? _____ WHERE? _____
AVERAGE TIME. UNDERSTAND THE LINK TO CO-MORBIDITIES. EXAMPLE: SLEEPS IN CHAIR AND HAS EDEMA
 WHAT TIME DO YOU WAKE AFTER SLEEPING? _____ IS SLEEP CONTINUOUS? _____
 HOW MANY TIMES DO YOU WAKE? _____ HRS AWAKE: _____ TOTAL HRS OF SLEEP: _____
 EMPAIRMENTS TO SLEEPING? _____
 CAREGIVER ASSIST WITH TRANSFER? _____
 WHAT DO YOU DO FIRST AFTER WAKING? _____
 HOW LONG ARE YOU IN THAT POSTION? _____ U/S/L WHERE? _____
 DO YOU USE A WHEELCHAIR? _____ POWER? _____ TILT? _____ MANUAL? _____
 HOW LONG ARE YOU IN THAT POSTION? _____ U/S/L WHERE? _____
 WHAT IS YOUR NEXT POSITION? _____
 HOW LONG ARE YOU IN THAT POSITION? _____ U/S/L WHERE? _____
 WHAT IS YOUR NEXT POSITION? _____
 HOW LONG ARE YOU IN THAT POSITION? _____ U/S/L WHERE? _____
 DO YOU LAY DOWN DURING THE DAY? _____ WHERE? _____
 HOW LONG ARE YOU IN THAT POSITION? _____ U/S/L WHERE? _____
 WHAT IS YOUR NEXT POSITION? _____
 HOW LONG ARE YOU IN THAT POSITION? _____ U/S/L WHERE? _____
 WHAT IS YOUR NEXT POSITION? _____
 HOW LONG ARE YOU IN THAT POSITION? _____ U/S/L WHERE? _____

CAREGIVER INFORMATION

24 HOURS TOTAL TIME IN POSITIONS

TIME IN BED: _____ REPOSITIONED _____ HOW OFTEN _____
 TIME IN CHAIR: _____ REPOSITIONED _____ HOW OFTEN _____
 TIME IN WHEELCHAIR: _____ REPOSITIONED _____ HOW OFTEN _____
 POSITION: _____ TIME: _____
 POSITION: _____ TIME: _____

Assistive Devices

Lying: _____
 Sitting: _____
 Standing: _____

EQUIPMENT NEEDS