

# Self Care Assessment Worksheet

Name Siobhan Bhana		Date 02/04/2023	
<p>Give yourself a ranking for each of the self-care activities below on a scale from 0 to 3 (0= I never do this; 1= I rarely do this; 2= I do this okay/sometimes; 3=I do this well/often). There may be some activities that are not applicable or valuable for you, and there may be some you want to improve on in your own life. For the activities you want to make an effort to improve on, check the "Want to improve" box.</p>			
		Ranking	Want to Improve
<b>Physical</b>			
Eat regularly		3	<input type="checkbox"/>
Eat nutritious foods		2	<input type="checkbox"/>
Take care of personal hygiene		3	<input type="checkbox"/>
Exercise		2	<input type="checkbox"/>
Get medical care to prevent health issues		3	<input type="checkbox"/>
Take time off when I'm sick		2	<input type="checkbox"/>
Get enough sleep		1	<input checked="" type="checkbox"/>
<b>Psychological/Emotional</b>			
Make time away from screens		2	<input type="checkbox"/>
Make time for self-reflection		1	<input checked="" type="checkbox"/>
Take time off work/obligations		2	<input type="checkbox"/>
Participate in hobbies		3	<input type="checkbox"/>
Learn new things		2	<input type="checkbox"/>
Do something comforting		1	<input checked="" type="checkbox"/>
Find things that make me laugh		2	<input type="checkbox"/>
Work on minimizing stress		2	<input type="checkbox"/>
<b>Personal/Social</b>			
Schedule dates with my partner/spouse		0	<input type="checkbox"/>
Spend time with people I like		2	<input checked="" type="checkbox"/>
Make time to see friends		2	<input type="checkbox"/>
Meet new people		3	<input type="checkbox"/>
Have stimulating conversations		3	<input type="checkbox"/>
Do enjoyable activities with other people		2	<input type="checkbox"/>
Keep in touch with old friends		1	<input checked="" type="checkbox"/>
<b>Additional Notes</b>			

# Pediatric Assessment Of Self Care Activities

**Ross E. Petty, Ronald M. Laxer, Carol B  
Lindsley, Lucy Wedderburn**



## **Pediatric Assessment Of Self Care Activities:**

**Pediatric Assessment of Self-care Activities** Ida Lou Coley,1978      **Pediatric Skills for Occupational Therapy Assistants - E-Book** Jean W. Solomon,Jane Clifford O'Brien,2010-12-15 UNIQUE Demonstrates how concepts apply to practice with video clips on the Evolve website that exhibit pediatric clients involved in a variety of occupational therapy interventions UNIQUE Prepares you for new career opportunities with content on emerging practice areas such as community systems UNIQUE Offers new assessment and intervention strategies with the addition of content on Model of Human Occupation MOHO assessments and physical agent modalities PAMS Provides the latest information on current trends and issues such as childhood obesity documentation neurodevelopmental treatment NDT and concepts of elongation

Hand Function in the Child Anne Henderson, PhD, OTR,Charlane Pehoski,2005-09-29 This comprehensive resource and clinical guide for students and practicing pediatric therapists features current information on the neurological foundations of hand skills the development of hand skills and intervention with children who have problems related to hand skills Covers foundation and development of hand skills therapeutic intervention and special problems and approaches Is readable concise and well organized with a consistent format throughout Integrates recent research findings and current thinking throughout the text Emphasizes neuroscience and the hand s sensory function and haptic perception Applies neuroscience and development frames of reference throughout Implications for practice included in each chapter Presents concepts in the foundation development chapters that are linked with the intervention chapters Seven new chapters reflect current practice in the field and cover cognition motor skills handedness fine motor program for preschoolers handwriting evaluation splinting the upper extremity of the child pediatric hand therapy and efficacy of interventions Extensively revised content throughout includes new research and theories new techniques current trends and new information sources 9 new contributors offer authoritative guidance in the field Over 200 new illustrations demonstrate important concepts with new clinical photographs and line drawings Over 50 new tables and boxes highlight important information An updated and expanded glossary defines key terms      **Textbook of Pediatric Rheumatology E-Book** James T. Cassidy,Ross E

Petty,Ronald M. Laxer,Carol B Lindsley,2010-10-15 Textbook of Pediatric Rheumatology examines the full spectrum of rheumatologic diseases and non rheumatologic musculoskeletal disorders in children and adolescents detailing the presentation differential diagnosis course management and prognosis of every major condition Drs James T Cassidy Ross E Petty Ronald M Laxer and Carol B Lindsley discuss recent developments in diagnosis treatment genetics immunology imaging and more Diagnose and treat effectively through exhaustive reviews of the complex symptoms and signs and lab abnormalities that characterize these clinical disorders Choose treatment protocols based on the best scientific evidence available today Apply the knowledge and experience of the leading experts in the field Keep current with coverage of new topics including macrophage activation syndrome pediatric sarcoidosis uveitis imaging and occupational and physical

therapy Tap into detailed discussions of recent advances in the field new research on the immunologic mechanisms of inflammatory disease and new developments on biologic treatments for arthritis in ten new chapters Master complex concepts and key techniques with a full color design and full color illustrations Rola Pielęgniarki, Fizjoterapeuty W Profilaktyce i Leczeniu Pacjentów Muszkieta Radosław, Napierała Marek, Czerwińska Pawluk Iwona, Dolomatov Sergey, Zukow Walery, 2010 **Multidisciplinary Assessment of Children with Learning Disabilities and Mental Retardation** David L. Wodrich, James E. Joy, 1986 **Case-Smith's Occupational Therapy for Children and Adolescents - E-Book** Jane Clifford O'Brien, Heather Kuhaneck, 2019-09-26 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Occupational Therapy The number one book in pediatric OT is back Focusing on children from infancy to adolescence Case Smith's Occupational Therapy for Children and Adolescents 8th Edition provides comprehensive full color coverage of pediatric conditions and treatment techniques in all settings Its emphasis on application of evidence based practice includes eight new chapters a focus on clinical reasoning updated references research notes and explanations of the evidentiary basis for specific interventions Coverage of new research and theories new techniques and current trends with additional case studies keeps you in step with the latest advances in the field Developmental milestone tables serve as a quick reference throughout the book Full color contemporary design throughout text includes high quality photos and illustrations Case based video clips on the Evolve website demonstrate important concepts and rehabilitation techniques Research Notes boxes and evidence based summary tables help you learn to interpret evidence and strengthen clinical decision making skills Coverage of OT for children from infancy through adolescence includes the latest research techniques and trends Case studies help you apply concepts to actual situations you may encounter in practice Learning objectives indicate what you will be learning in each chapter and serve as checkpoints when studying for examinations A glossary makes it easy for you to look up key terms NEW Eight completely new chapters cover Theory and Practice Models for Occupational Therapy With Children Development of Occupations and Skills From Infancy Through Adolescence Therapeutic Use of Self Observational Assessment and Activity Analysis Evaluation Interpretation and Goal Writing Documenting Outcomes Neonatal Intensive Care Unit and Vision Impairment NEW A focus on theory and principles Practice Models promote clinical reasoning NEW Emphasis on application of theory and frames of reference in practice appear throughout chapters in book NEW Developmental milestone tables serve as quick reference guides NEW Online materials included to help facilitate your understanding of what's covered in the text NEW Textbook is organized into six sections to fully describe the occupational therapy process and follow OTPF **Biopsychosocial Assessment in Clinical Health Psychology** Frank Andrasik, Jeffrey L. Goodie, Alan L. Peterson, 2015-01-05 Filling a key need this practical volume provides state of the art approaches and tools for evaluating both health related behaviors and psychosocial aspects of medical illness The book begins by presenting a comprehensive biopsychosocial assessment framework Evidence based strategies are described for assessing such key

lifestyle factors as tobacco use alcohol and other drugs physical activity and social support Behavioral cognitive and emotional issues associated with a range of specific medical conditions including cancer cardiovascular disease diabetes chronic pain and others are addressed Chapters on assessment of specific populations cover pediatric patients older adults ethnic racial minority groups organ transplant and bariatric surgery patients and primary care

**Textbook of Pediatric Rheumatology** Ross E. Petty, Ronald M. Laxer, Carol B Lindsley, Lucy Wedderburn, 2015-04-14 Matchless in reputation content and usefulness Textbook of Pediatric Rheumatology 7th Edition is a must have for any physician caring for children with rheumatic diseases It provides an up to date global perspective on every aspect of pediatric rheumatology reflecting the changes in diagnosis monitoring and management that recent advances have made possible all enhanced by a full color design that facilitates a thorough understanding of the science that underlies rheumatic disease Get an authoritative balanced view of the field with a comprehensive and coherent review of both basic science and clinical practice Apply the knowledge and experience of a who's who of international experts in the field Examine the full spectrum of rheumatologic diseases and non rheumatologic musculoskeletal disorders in children and adolescents including the presentation differential diagnosis course management and prognosis of every major condition Diagnose and treat effectively through exhaustive reviews of the complex symptoms and signs and lab abnormalities that characterize these clinical disorders Keep current with the latest information on small molecule treatment biologics biomarkers epigenetics biosimilars and cell based therapies Increase your knowledge with three all new chapters on laboratory investigations CNS vasculitis and other vasculitides Understand the evolving globalization of pediatric rheumatology especially as it is reflected in the diagnosis and management of childhood rheumatic diseases in the southern hemisphere Choose treatment protocols based on the best scientific evidence available today

*Pediatric Skills for Occupational Therapy Assistants* Jean W. Solomon, 2000 Designed as both a practical clinical reference and a comprehensive student text this unparalleled new provides a focused easy to use approach to paediatrics The introductory section covers the scope of practice then addresses the medical educational and family systems Subsequent sections provide in depth coverage of normal development paediatric health conditions and treatment planning A wide range of helpful pedagogy reinforces learning and enhances retention chapter objectives review questions clinical pearls learning activities resource lists bulleted boxed key concepts and boxed descriptions of therapeutic activities The first pediatric book geared specifically for the OTA Outstanding comprehensive pediatric information for Occupational Therapy Assistant students as required in an OTA curriculum Provides a useful informative reference for practicing Occupational Therapy Assistants Covers the scope of pediatric practice normal development pediatric health conditions and treatment planning Features a consistent format of Definition Incidence Classifications Prognosis Functional Implications Assessment Intervention Clinical Resources and Case Study for each chapter in the Pediatric Health Conditions section Uses chapter objectives review questions clinical pearls learning activities resource lists bulleted boxed key concepts and boxed

descriptions of therapeutic activities throughout for optimal student learning      *Pediatric Neurology* Kenneth F. Swaiman, Stephen Ashwal, Donna M. Ferriero, 2006-01-01 This Gold Standard in clinical child neurology presents the entire specialty in the most comprehensive authoritative and clearly written fashion Its clinical focus along with relevant science throughout is directed at both the experienced clinician and the physician in training New editor Dr Ferriero brings expertise in neonatal neurology to the Fourth Edition New chapters Pathophysiology of Hypoxic Ischemic Encephalopathy Congenital Disorders of Glycosylation Pediatric Neurotransmitter Diseases Neurophysiology of Epilepsy Genetics of Epilepsy Pediatric Neurorehabilitation Medicine Neuropsychopharmacology Pain and Palliative Care Management Ethical Issues in Child Neurology      Training for Professional Child Care Beverly Gulley, Jacqueline Eddleman, Douglas Bedient, 1987 Only about 25 percent of the employees in child care operations around the country have had professional training in dealing with children Newsweek This book is a proven practical approach to providing that training at a minimum of expense and disruption of services Written for trainers it may profitably be used by any individual who wants to know more about positive methods for working with children The information provided here has been used extensively to train child care providers throughout Illinois Covered in detail are discipline professionalism child and adult communication child development observation assessment play nutrition health and safety parent involvement and education child abuse developmental care and organization of the environment Illinois Governor James Thompson former DCFS Director Gregory Coler and DCFS Director Gordon Johnson have all endorsed these materials by continuing to recommend them for day care training in Illinois      **The Journal of Home Economics** ,1990      **Nursing Assessment** Janis P. Bellack, Penny A. Bamford, 1984      Occupational Therapy for Children Pat Nuse Pratt, Anne S. Allen, 1989      **The Child with Physical Disability** ,1991      **Management of Spinal Cord Injury** Cynthia Perry Zejdlik, 1992      *Subject Catalog* Library of Congress, 1981      **Physical Management of Multiple Handicaps** Beverly A. Fraser, Robert N. Hensinger, Judith A. Phelps, 1987 Ce document agr ment de plus de 100 illustrations permet d augmenter le bien tre physique et le d veloppement des personnes ayant une d ficiencie multiple Ce guide s applique aux dimensions des activit s quotidiennes et des besoins des tudiants handicap s l habillement l alimentation la toilette et l hygi ne et le support physique par l explication de techniques appropri es de positionnement et de traitement

*Holistic Health Care for Children with Developmental Disabilities* Una Haynes, 1983

## **Pediatric Assessment Of Self Care Activities** Book Review: Unveiling the Power of Words

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