

# Patient Perceived Function During Activities of Daily Living

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## Background

The field of occupational therapy has researched how to improve activities of daily living (ADLs) and how they are completed with practitioners. There are a wide variety of ADLs including activities such as bathing, toileting, and walking. However, there is a gap in the literature as to whether or not patients are actually emotionally comfortable during this process.

ADLs could be a source of discomfort for patients due to the increased vulnerability that they require. Because of the lack of research into whether or not patients are uncomfortable during ADLs, the goal of the current work is to determine **which ADLs cause the most discomfort for patients**, if any.

## Study Design

Figure 1

Variable	Without any difficulty	With some difficulty	With much difficulty	Unable to do
Dress yourself, including tying shoelaces and performing buttons	0	1	2	3
Get in and out of bed	0	1	2	3
Lift full glass or cup to your mouth	0	1	2	3
Walk outdoors on flat ground	0	1	2	3
Wash and dry your entire body	0	1	2	3
Bend down to pick up clothing from the floor	0	1	2	3
Turn tabs on and off	0	1	2	3
Get in and out of car	0	1	2	3

Figure 2

1. I am uncomfortable when other people are in the bathroom with me						
Strongly Agree	Agree	Somewhat Agree	Neutral	Somewhat Disagree	Disagree	Strongly Disagree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Staff makes sure I have enough personal privacy when using the bathroom						
Strongly Agree	Agree	Somewhat Agree	Neutral	Somewhat Disagree	Disagree	Strongly Disagree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The staff listens to my needs when helping me use the bathroom						
Strongly Agree	Agree	Somewhat Agree	Neutral	Somewhat Disagree	Disagree	Strongly Disagree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel anxious when my therapist helps me use the bathroom						
Strongly Agree	Agree	Somewhat Agree	Neutral	Somewhat Disagree	Disagree	Strongly Disagree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I am confident that I will not fall when I use the bathroom with my therapist						
Strongly Agree	Agree	Somewhat Agree	Neutral	Somewhat Disagree	Disagree	Strongly Disagree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Participants completed the **Modified Stanford Health Assessment Questionnaire** (Figure 1) as a baseline for degree of difficulty in each ADL. Patients were then asked to rate their satisfaction with each activity (Pincus et al., 1983).

Participants were then asked about discomfort during ADLs using a **discomfort questionnaire** created by the researcher (Figure 2). The five questions were modified for each ADL.

## Simulated Results

A repeated measures ANOVA for **discomfort**, indicated a statistically significant difference between the six ADLs, as seen in Figure 3. **Bathing** ( $M = 1.770$ ,  $SD = 0.49$ ), **toileting** ( $M = 1.938$ ,  $SD = 0.625$ ), and **dressing** ( $M = 2.394$ ,  $SD = 0.721$ ) were the most uncomfortable ADLs for patients, as predicted (Figure 3).

Results indicated that there was no statistically significant difference between ADLs for **ability** ( $p = 0.335$ ) or **satisfaction** ( $p = 0.365$ ).

Linear regressions for each ADL found that **function and satisfaction did not predict discomfort** in any of the ADLs, which contradicted the hypothesis.

**\*Due to the Covid-19 outbreak, the results from this study were synthesized.**

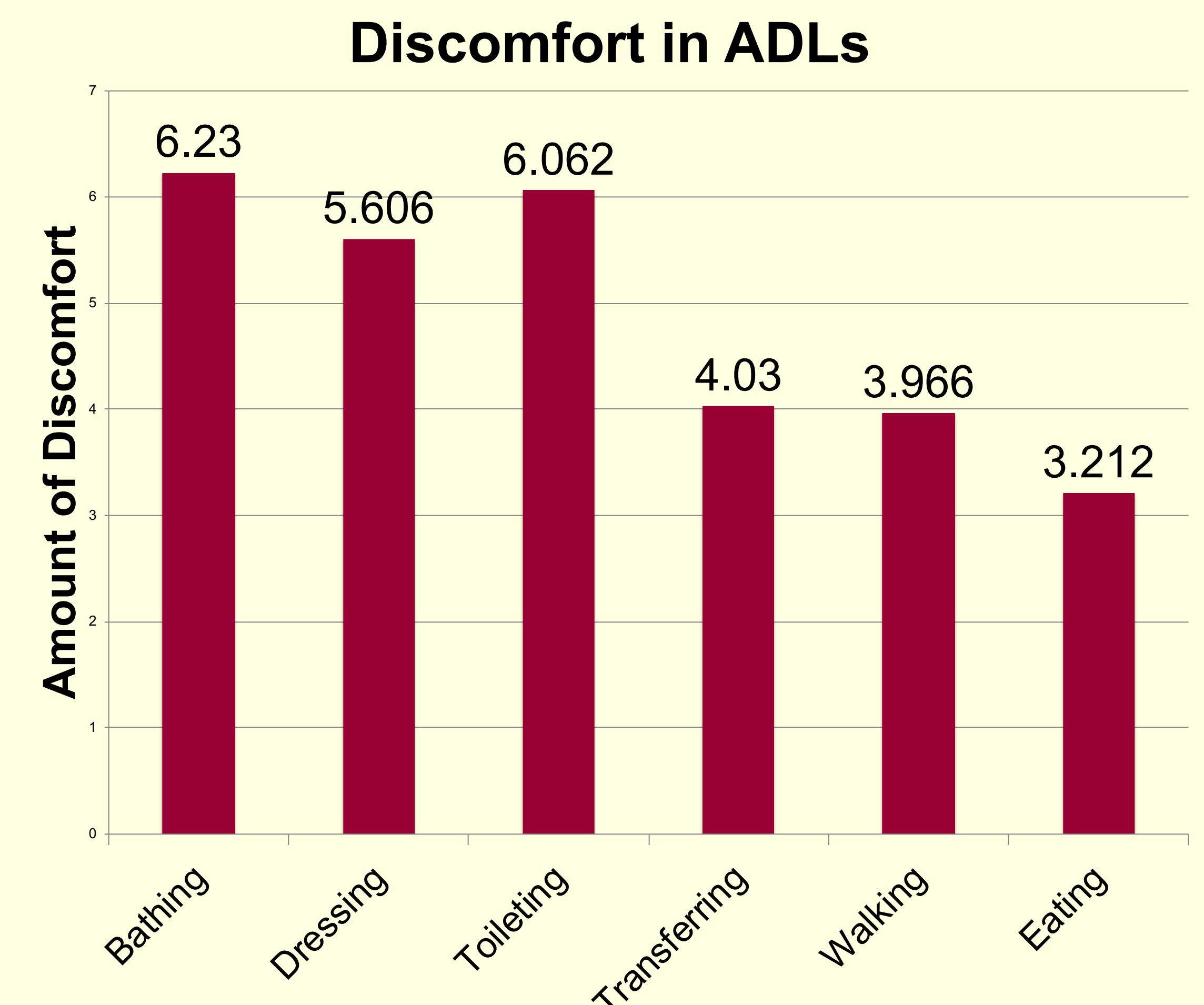


Figure 3 shows the mean scores of discomfort for each of the ADLs. A higher mean indicates that patients experience more discomfort during these activities.

## Limitations

- Participants were addressing personal information and might not have been comfortable disclosing
- I was associated with therapists, which may have influenced the responses of participants
- Participants were not randomly selected, which raises the risk of an unrepresentative sample
- Could have included multiple nursing homes with a randomized sample

## Future Directions

- More research is still needed
- Expand to a broader population; including pediatrics and middle-aged adults
- Include other ADLs that are not as common but equally as important
  - ➔Memory care, breathing treatments, transportation, cleaning, medication management, and communication
- Can better care for and ensure that patients are as comfortable as safely possible