

Self-Care Assessment

Disclaimer: This Self-Care Assessment is based on the 20-item Self-Care Inventory tool, a theory-based instrument developed by Michela Luciani and colleagues to assess self-care behaviors in both healthy and ill individuals.

Name: _____ Date of birth: _____

Age: _____ Gender: _____

Contact information: _____ Date of assessment: _____

Think about how you have been feeling in the last month as you complete this survey.

	1 Never	2	3 Sometimes	4	5 Always
Item	1	2	3	4	5
Section A: Listed below are common self-care behaviors that people may do. How often or routinely do you do the following?					
1. Make sure to get enough sleep?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Try to avoid getting sick (e.g., get flu shot, wash your hands)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Do physical activity (e.g., take a brisk walk, use the stairs)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Eat a balanced and varied diet?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. See your healthcare provider for routine health care (e.g. routine check ups, dentist, gynecologist)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. If/when prescribed, take prescribed medicines without missing a dose?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Do something to relieve stress (e.g., meditation, yoga, music)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Do you avoid tobacco smoke (both active and passive smoking)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Section B: Listed below are common things that people monitor. How often or routinely do you do the following?					
9. Monitor your health status?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. If/when prescribed, monitor for medicine side-effects?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Pay attention to changes in how you feel?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Monitor whether you tire more than usual doing normal activities?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Monitor for symptoms?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Medical Selfcare And Assessment

**Janet S. Fulton, Brenda L. Lyon, Kelly A.
Goudreau**



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Medical Self-care and Assessment Brent Q. Hafen, Molly J. Brog, Kathryn J. Frandsen, 1983 Current Bibliographies in Medicine ,1988 Literature Search National Library of Medicine (U.S.),1980 *SPM Handbook of Health Assessment Tools* Gerald C. Hyner,1999 **Encyclopedia of Pharmacy Practice and Clinical Pharmacy** ,2019-06-28 Encyclopedia of Pharmacy Practice and Clinical Pharmacy Three Volume Set covers definitions concepts methods theories and applications of clinical pharmacy and pharmacy practice It highlights why and how this field has a significant impact on healthcare The work brings baseline knowledge along with the latest most cutting edge research In addition new treatments algorithms standard treatment guidelines and pharmacotherapies regarding diseases and disorders are also covered The book s main focus lies on the pharmacy practice side covering pharmacy practice research pharmacovigilance pharmacoeconomics social and administrative pharmacy public health pharmacy pharmaceutical systems research the future of pharmacy and new interventional models of pharmaceutical care By providing concise expositions on a broad range of topics this book is an excellent resource for those seeking information beyond their specific areas of expertise This outstanding reference is essential for anyone involved in the study of pharmacy practice Provides a one stop resource for access to information written by world leading scholars in the field Meticulously organized with articles split into three clear sections it is the ideal resource for students researchers and professionals to find relevant information Contains concise and accessible chapters that are ideal as an authoritative introduction for non specialists and readers from the undergraduate level upwards Includes multimedia options such as hyperlinked references and further readings cross references and videos **Foundations of Clinical Nurse Specialist Practice** Janet S. Fulton, Brenda L. Lyon, Kelly A. Goudreau, 2009-10-16 Designated a Doody s Core Title This comprehensive book addresses pertinent issues for clinical nurse specialists from clinical interventions to nursing care delivery and nursing leadership This is a wonderful addition to the field of nursing Score 100 5 stars Doody s Foundations of Clinical Nurse Specialist Practice serves as a comprehensive textbook and practice reference for graduate level CNS students and practitioners Compiled and edited by experts in the field this book discusses every aspect of Clinical Nurse Specialist practice from its historical foundations to chapters on implementing the business of CNS practice With this book readers will gain essential knowledge on delivering client care to the individual patient the family and the community The text includes major sections on designing and evaluating client care interventions promoting innovation change and diffusion in practice client care delivery and a wealth of information on the business aspects of CNS practice Key topics discussed How to use the Clinical Reasoning Model CRM a clinical inquiry guide for problem solving How to use complex adaptive systems theory to influence change Using population based data analysis to improve patient care outcomes Exploring the business aspects of CNS practice with discussions on economics consultation technology management and billing and reimbursement issues Practice Exemplars on hospital based CNS practice collaborative private practice and

entrepreneurship Role Exemplars that range from pediatric bariatric and pain management to psychiatric liaison rehabilitation CNS and Emergency CNS Holistic Nursing Practice ,1986 **Nursing Sensitive Outcomes** Joan Almost,2003 This text is an invaluable resource for nurse researchers scholars and health care professionals committed to effective quality nursing care as evidenced by nursing sensitive outcomes measurement The authors provide a comprehensive review of literature specific to outcomes measurement for self care symptom control pain adverse occurrences and patient satisfaction "Code of Massachusetts regulations, 2010" ,2010 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020

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