

## **GERIATRIC MEDICINE SKILLS FAIR—STATION 2**

### **ASSESSMENT OF ADL'S AND IADL'S**

#### **STUDENT CASE B**

Mrs. Jones is a 78 year old widowed woman who has just been admitted to a skilled nursing unit for recovery from a total knee arthroplasty. She lives alone and has generally been quite independent, having traveled and volunteered extensively over the years following her retirement from teaching economics eight years prior. However, over the last year the pain and mobility problems from severe osteoarthritis of her knee began causing increasing problems. She could not longer keep up a walking program due to the pain, and had started relying on a cane. She could not stand up well at the kitchen counter for any length of time, so she had gradually stopped cooking for herself except to microwave frozen meals. For getting out of the house, she had begun using a wheelchair that she borrowed from her sister. This was quite difficult to manage, so she wasn't really getting out of the house much for the last 6 months prior to surgery. Each week she made a grocery list of things her family should bring her. During the three months prior to her surgery, she also had difficulty getting in and out of the bathtub and required help from her daughter. She lives in an older home in which there is only one small bathroom, and only a tub (no shower). After not much benefit from pain medications, a course of knee injections, and physical therapy, she finally was convinced to have the total knee arthroplasty. She is hopeful that her 'new knee' will improve her mobility so she can be fully independent again.

On admission to the rehabilitation unit, she is not able to stand unassisted, walk, put on her clothing, bathe, and she can not stand at a bathroom sink to brush her teeth, comb her hair, etc. When you enter her room, she is on the phone giving her son detailed instructions on how she would like him to handle a financial matter for her, and she tells him to bring the forms in ASAP for her signature in order to not miss a critical deadline next week.

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**STUDENT WORKSHEET CASE B**

Given the information in the case history, list and categorize ADLs and IADLs at the following three points in time. You do not have enough information to comment on them all, but what might you reasonably infer from the picture painted by the case history?

JUST PRIOR TO SURGERY?

Intact ADLs	Impaired ADLs	Intact IADLs	Impaired IADLs

AT THE BEGINNING OF HER REHABILITATION STAY?

Intact ADLs	Impaired ADLs	Intact IADLs	Impaired IADLs

SIX MONTHS FROM NOW IF SHE RECOVERS SUCCESSFULLY?

Intact ADLs	Impaired ADLs	Intact IADLs	Impaired IADLs