

Better Probing Questions: By Assessment Categories

Take-Away Resource to Stimulate Deeper Questions

Medications

- So, you need help to check your blood sugar, prepare the insulin and administer the injection. Over the past two weeks, have you needed help more than 50% of the time? (Frequency)
- Have you recently taken multiple doses of medications, forgotten to take medications or do you require someone to prepare your medications in a pill organizer? (Cognitive)

Transfer

- Were you able to transfer from your usual chair or bed most of the time in the past two weeks? (Frequency)
- How do you get out of your recliner? (Assistance)
- Do you use any aids like a Hoyer lift to assist in transferring out of the: bed, chair or wheelchair? (Devices)
- Is the sliding board to get you from the couch to your wheelchair? (Devices)
- Are you using the side rails on your bed to help you? (Devices)
- When you transfer from your bed to your wheelchair, how many minutes does it take you? (Duration)
- How many times have you fallen out of your chair in the past two weeks? (Attempts)
- Does it take you several attempts with your falling back into the bed before you are able to transfer into your wheelchair? (Attempts)
- When you tried to get from the couch to your scooter, how many tries did it take you in the past week? (Attempts)
- When you get out of bed, how many times have you fallen in the past week? (Attempts)

Locomotion

- Do you need someone to hold your arm or waist to help you get down the hall to the kitchen in the morning? (Assistance)
- Do you need assistance to safely maneuver your wheelchair through doorways? (Assistance)
- Do you need to use your walker to move from room to room? (Devices)
- You notice shortness of breath drastically increase as the participant rises from his chair and as he walks down the hall, taking frequent rest breaks. (Observation)
- What type of wheelchair do you use? Is it manual or motorized? (Devices)
- How long does it take you to reach another room in the house due to your taking frequent rest breaks? (Duration)
- With rest breaks, how long does it take you to walk down the hall to the front door? (Duration)
- Altogether, how long does it take you to reach the bathroom? (Duration)
- Do you stay seated all day except when absolutely necessary to go to the bathroom because of the shortness of breath and fatigue? (Impairments)

Bathing

- Do you have to cue the participant step-by-step to help her completely clean herself in the bathtub? (Assistance)
- You notice the participant's unclean hair and long fingernails. (Observation)
- There's a noticeable body odor. (Observation)
- Why are you bathing in the sink and not the shower? (lower back pain affecting transfer into the shower) (Impairments)
- Do you use any assistive devices, like a hand held shower nozzle, or long handled back brush to bathe or rinse hard-to-reach areas of your body because of your shoulder pain? (Impairments)

- In the bath tub, how many times have you fallen in the past two weeks? (Attempts)
- Does your mom bathe herself without step by step cuing if told it's time to go bathe? (Cognitive)
- Is he refusing assistance with bathing and dressing? (Cognitive)

Dressing

- Do you need someone to button your shirt for you? (Assistance)
- Once your caregiver hands you your prosthesis, are you able to put it on by yourself, or do you need further help? (Assistance)
- How long does it take you to only apply your clothing? (Duration)
- Altogether, how long does it take you to adjust your clothing? (Duration)
- Why do you only wear pull over clothing and Velcro or slip on shoes? (because of the pain experienced when buttoning clothing or applying and tying shoes) (Impairments)
- The participant is wearing four sweaters on a summer's day. (Observation)
- Will the participant change his clothing and apply clean clothing if told to do so? (Cognitive)

Toileting/Bowel/Bladder

- You mentioned wetting accidents. How often have you been wetting yourself in the past two weeks? (Frequency)
- Do you need your caregiver's help emptying your bedpan? (Assistance)
- You smell urine and feces on the participant's clothing. (Observation)
- Altogether, how long does it take you to wipe yourself and change your diaper? (Duration)
- Do you ever get confused about where to use the bathroom or use the bathroom in inappropriate places, like the trash can, floor, or air vent? (Cognitive)

Eating

- Do you drop food or have difficulty in getting food to your mouth while using a spoon or fork? (Impairments)
- Do you find yourself forgetting and leaving pots on the stove to burn? (Cognitive)
- Has your doctor informed you of the ill effects this will have on your health if you keep eating foods not indicated on the doctor's prescribed diet? (Cognitive)

Communication/Psychological

- Does the participant wander? In the past week or two, has she, on any one day, wandered at least 50% of the time? (Frequency)
- Is the participant refusing assistance with bathing and dressing? (Cognitive)
- Do you find yourself forgetting and leaving pots on the stove to burn? (Cognitive)
- Will the participant change his clothing and apply clean clothing if told to do so? (Cognitive)
- Has your doctor informed you of the ill effects this will have on your health if you keep eating foods not indicated on the doctor's prescribed diet? (Cognitive)
- Do you ever get confused about where to use the bathroom or use the bathroom in inappropriate places, like the trash can, floor, or air vent? (Cognitive)
- Have you recently taken multiple doses of medications, forgotten to take medications or do you require someone to prepare your medications in a pill organizer? (Cognitive)