

GORDON'S ASSESSMENT GUIDE QUESTIONS

1.1 Health Perception/Health Management Pattern

Reason for admission:

What is your understanding of the purpose of the treatment?

How do you think the treatment is working? (3)

Have you ever been hospitalized before? For what reasons?

What expectations do you have about this hospitalization?

2.1 Nutritional/Metabolic Pattern

Record the diet by a recall of ALL food and beverages taken over the last 24 hours. "Is that menu typical of most days?" "Describe eating habits and current appetite. Ask, "Who buys and prepares the food?" "Are your finances adequate for food?" "Who is present at mealtimes?" Indicate any food allergy or intolerance. Record the daily intake of caffeinated beverages.

How is your appetite?

Describe what you eat in a typical day.

Do you have food restrictions or special diet due to allergies, food intolerance, religious practices, or other health problems?

What vitamins or supplements do you take?

What are your food preferences? Likes and dislikes

How often do you go to fast food restaurants?

Do you experience any discomfort in eating or swallowing?

Do you have dental problems?

Describe your daily fluid intake.

3.1 Elimination Pattern

What is your regular bowel movement pattern?

Which of the following do you experience?

Constipation, Diarrhea, Ostomy

How is your urinary elimination pattern?

Which of the following do you experience?

Incontinence, Dysuria, Burning sensation, Dribbling,

Nocturia, Oliguria, Polyuria, Urinary retention,

Catheter present:

Urine color:

Do you have any of the following skin problems?

Dryness, Poor skin turgor, Rashes, Lesions, Swelling,

Acne, Temperature change

Do you experience excess perspiration and odor problems?

4.1 Activity and Exercise Pattern

This reflects usual daily activities. Ask, "Tell me how you spend a typical day?" Note ability to perform ADLs: independent or needs assistance with feeding, bathing, hygiene, dressing, toileting, bed to chair transfer, walking, standing, or climbing stairs? Any use of wheelchair, prostheses, or mobility aids? Record also leisure activities enjoyed and exercise pattern (type,

amount per day/week, method of warm-up session, method of monitoring the body's response to exercise)

Describe a typical day's activity

What are your usual leisure activities?

Do you have regular exercise pattern? Type? Frequency? Intensity? Duration?

Describe any problem you have experienced with usual activity and exercise? (5)

Do you experience the following: Chest Pain? _____

Arm Pain? _____ Leg Pain? _____ Back Pain? _____

_____ Difficulty in breathing (dyspnea, wheezing,

orthopnea)? _____ Cough? _____ Tingling/Numbness? _____

_____ Lightheadedness? _____ Fatigue/Weakness? _____

_____ Palpitations? _____

Factors affecting activity tolerance: Do you smoke?

_____ If YES, what are the estimated packs per year?

5.1 Sleep/Rest Pattern

Time of arising?

Time of retiring?

Do you take naps? If YES, how long? How often?

In general, do you feel well-rested and ready for daily activities after sleeping?

Do you have aids to help you sleep? If YES, what?

Do you have dreams or nightmares? If YES, what kind?

Do you experience insomnia? If YES, how often?

6.1 Personal Habits

A. Tobacco

Do you smoke cigarettes (pipe, use chewing tobacco)?

At what age did you start smoking?

How many packs do you smoke per day?

How many years have you smoked? (Record number of

packs smoked per day [PPD] and duration, example: 1

PPD x 5 years)(5)

Have you ever tried to quit?

How did it go?

B. Alcohol

Do you drink alcohol?

When was your last drink of alcohol?

How much did you drink that time?

Out of the last 30 days, about how many days would you say that you drank alcohol?

Have you ever had a drinking problem?

CAGE (cut down, annoyed, guilty, eye-opener)

questions:

Have you ever thought you should cut down your drinking?

Have you ever been annoyed by criticism of your drinking?

Have you ever felt guilty about your drinking?

Do you drink in the morning? _____ " If person answers

YES to 2 or more CAGE questions, suspect alcohol abuse

If patient answers NO to drinking alcohol:

What are your reasons for this decision?

Gordons Guide To The Black Woman

Didier Musso



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