
Learning Objectives

MedBridge

One Handed Strategies for Personal Care Tasks

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Chapter 1: Feeding

- Demonstrate how to cut food with a knife and fork with a prosthesis, residual limb, and one hand
- Identify strategies for pouring liquids with a prosthesis, residual limb, and one hand
- Explain how to open various types of packages using a prosthesis, residual limb, and one hand

Chapter 2: Hygiene

- Demonstrate how to clip and file one's nails with a prosthesis, residual limb, and one hand
- Identify strategies for applying toothpaste to a toothbrush with a prosthesis, residual limb, and one hand
- Explain how to manage one's hair using a prosthesis, residual limb, and one hand
- Determine effective approaches to applying and removing contact lenses with a prosthesis, residual limb, and one hand

Chapter 3: Dressing/Undressing

- Demonstrate how to put on a bra with a residual limb and one hand
- Identify strategies for donning and doffing a shirt with a prosthesis, residual limb, and one hand
- Explain how to fasten buttons, zippers, belts, and shoelaces using a prosthesis, residual limb, and one hand
- Determine effective approaches to donning and doffing nylons, socks, and pants with a prosthesis, residual limb, and one hand

Chapter 4: Bathing

- Demonstrate how to wash one's body with a residual limb and one hand
- Identify strategies for drying one's body with a residual limb and one hand
- Explain how to wash one's hair using a residual limb and one hand

Chapter 5: Toileting, Feminine Hygiene, and Intimacy

- Demonstrate strategies for using the toilet and navigating bathroom spaces
- Show techniques for using feminine hygiene products, as well as self catheterization products
- Navigate the sensitive topic of intimacy with patients and their partners