



## Care-home instructions - answers

Here is the patient's activity sheet, showing how the **activity notes have been turned into instructions**. The relevant words have been highlighted:

Daily activity sheet - shift Instructions	
<b>Patient:</b> Mrs Bean	<b>Staff nurse:</b>
<b>Mobility and comfort</b>  <b>Encourage</b> Mrs Bean to walk around using her walking frame.	<b>Communication</b>  <b>Remind</b> Mrs Bean that she will be leaving at 11:00 am for a hospital appointment.
<b>Activities</b>  In the afternoon <b>ask</b> Mrs Bean if she would like to do some cross-stitch or complete a jigsaw. This will stop her sleeping in the afternoon.	<b>Clothing</b>  <b>Check</b> she puts on fresh clothes in the morning for her hospital appointment and that she has suitable shoes.
<b>Personal hygiene</b>  <b>Check</b> if Mrs Bean needs help with washing and dressing in the morning.	<b>Elimination</b>  No instruction.
<b>Diet</b>  <b>Make sure</b> she eats all her breakfast. She may not eat her lunch until late due to hospital appointment.	<b>Relaxation and sleep</b>  <b>Keep</b> Mrs Bean active in the afternoon so she doesn't sleep.

In this example, the verbs used to instruct (in the imperative) have been underlined.

Remember that the imperative is formed by using the verb without the word 'to'. There is no noun or pronoun in front of it.

E.g. 'You must book a taxi' becomes 'Book a taxi'.