

Self Care Assessment Worksheet

Name Siobhan Bhana	Date 02/04/2023	
<p>Give yourself a ranking for each of the self-care activities below on a scale from 0 to 3 (0= I never do this; 1= I rarely do this; 2= I do this okay/sometimes; 3=I do this well/often). There may be some activities that are not applicable or valuable for you, and there may be some you want to improve on in your own life. For the activities you want to make an effort to improve on, check the "Want to improve" box.</p>		
	Ranking	Want to Improve
Physical		
Eat regularly	3	<input type="checkbox"/>
Eat nutritious foods	2	<input type="checkbox"/>
Take care of personal hygiene	3	<input type="checkbox"/>
Exercise	2	<input type="checkbox"/>
Get medical care to prevent health issues	3	<input type="checkbox"/>
Take time off when I'm sick	2	<input type="checkbox"/>
Get enough sleep	1	<input checked="" type="checkbox"/>
Psychological/Emotional		
Make time away from screens	2	<input type="checkbox"/>
Make time for self-reflection	1	<input checked="" type="checkbox"/>
Take time off work/obligations	2	<input type="checkbox"/>
Participate in hobbies	3	<input type="checkbox"/>
Learn new things	2	<input type="checkbox"/>
Do something comforting	1	<input checked="" type="checkbox"/>
Find things that make me laugh	2	<input type="checkbox"/>
Work on minimizing stress	2	<input type="checkbox"/>
Personal/Social		
Schedule dates with my partner/spouse	0	<input type="checkbox"/>
Spend time with people I like	2	<input checked="" type="checkbox"/>
Make time to see friends	2	<input type="checkbox"/>
Meet new people	3	<input type="checkbox"/>
Have stimulating conversations	3	<input type="checkbox"/>
Do enjoyable activities with other people	2	<input type="checkbox"/>
Keep in touch with old friends	1	<input checked="" type="checkbox"/>
Additional Notes		

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web in pediatrics the ideal is always to verify the doses of the medications formula to calculate pediatric dose based on mg administered then to calculate the pediatric dose of a drug based on the mg administered we will apply the following formula medication dose mg administered weight in kg

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web example a pediatrician orders a dose of 15 mg of a drug per kilogram of body weight 15 mg/kg 15 mg of drug 300 mg of drug should be given as the dose 20 kg weight $\times 1 \text{ kg}$ 2 calculate volume tablets solution using a standard pharmaceutical math calculation such as desired over have multiplied by quantity or ratio and proportion see

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web dec 3 2016 example 1 a child is prescribed erythromycin the recommended dosage is 40 mg/kg/day 4 doses daily if the child's weight is 15 kg calculate the size of a single dose 15 kg $\times 40 \text{ mg/kg/day}$ 600 mg/day then 600 mg/4 doses 150 mg dose calculating a single dose based on body weight example 2 a child is to be given ampicillin

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web 1g 1000mg 1mg 1000mcg therefore to convert grams to milligrams you multiply by 1000 milligrams to micrograms multiply by 1000 conversely to change from micrograms to milligrams divide by 1000 and milligrams to grams divide by 1000 thus to multiply by 1000 the decimal point must be moved 3 places to the right example

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web stage 1 using the formula below calculate the total required dosage based on given the body weight weight kg \times dosage ordered per kg y required dosage stage 2 apply the $x \cdot q$ formula to calculate the actual amount of medication to be administered

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