

Learning Activity 4-5: Grading—Preparing Breakfast (Rheumatoid Arthritis)

Your client is a 65-year-old female with severe rheumatoid arthritis. She has difficulty managing clothing fastenings and performing home management tasks due to multiple joint contractures in both hands and inability to make a full fist or perform tip pinch.

For the occupation of preparing breakfast, put the following food choices in order of preparation difficulty (easier to harder) for this client scenario. Indicate the activity demands that make each task easier or harder. Compare your answers for this exercise to your answers for Learning Activity 4-4. Is your order of difficulty the same or different?

- A. Scrambled eggs and bacon
- B. Frozen breakfast sandwich
- C. Cereal and milk
- D. Smoothie (made from scratch)
- E. Hard-boiled eggs
- F. Frozen waffles
- G. Toast
- H. Pancakes (using a mix)
- I. Yogurt
- J. Fresh fruit salad (apple, grapes, melon)

List Tasks in Order of Difficulty From Easier to Harder	Activity Demands
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	