

# UKUKHUBAZEKA KWENGALO, IGXALABA NESANDLA

THE

# DASH

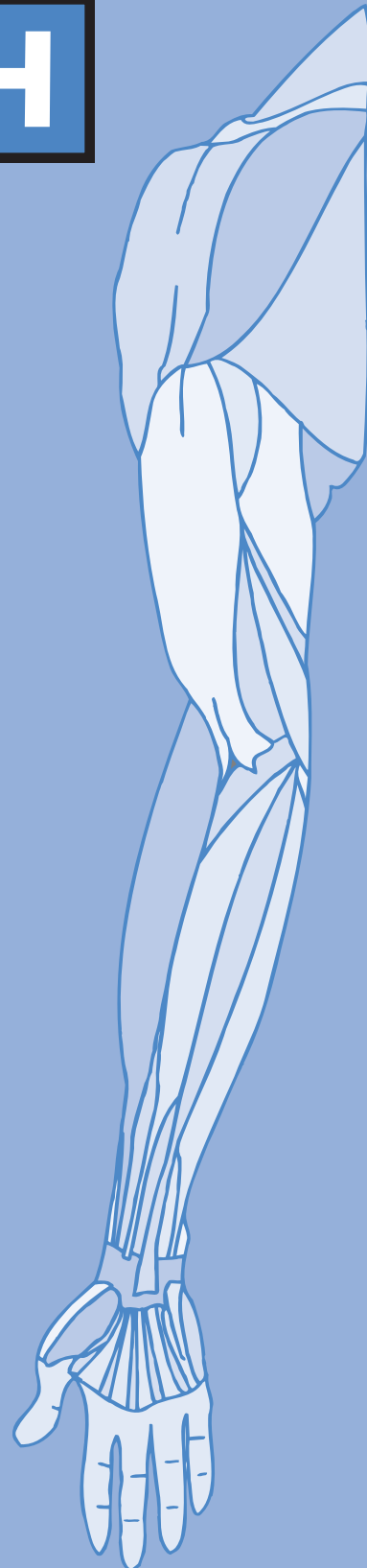
## UMYALELO

Olu xwebhu lwemibuzo luzama ukuqonda ngeempawu nokuba umntu ukwazi kangakanani ukwenza izinto ezithile.

Nceda uphendule yonke imibuzo, ngemo yakho kwisithuba seveki ephelileyo, ngokubhala isangqa kwinani elichanekileyo.

Ukuba awukhange ube nethuba lokwenza le misebenzi kule veki iphelileyo nceda uthekelele ukuba yeyiphi eyona mpendulo echanekileyo.

Akubalulekanga ukuba sesiphi isandla osisebenzisileyo; nceda nje uchaze ukuba ukwazi kangakanani na ukuwenza loo msebenzi ukhankanyiweyo, ayinamsebenzi neyokuba uwenza njani na.



# DISABILITIES OF THE ARM, SHOULDER AND HAND

Nceda ulinganisele ukuba ukwazi kangakanani ukwenza le misebenzi ngokuthi ubhale isangqa kwimpendulo echanikileyo kula manani angezantsi.

	BEKUNGEKHO BUNZIMA	UBUNZIMA OBUNCINANE	UBUNZIMA OBUPHAKATHI	UBUNZIMA OBUKHULU	KHANGE UKWAZI
1. Vula isiciko sesipoponi esiqinileyo okanye esitsha.	1	2	3	4	5
2. Bhala.	1	2	3	4	5
3. Jija isitshixo.	1	2	3	4	5
4. Ukwenza isidlo.	1	2	3	4	5
5. Ukuvula ucango olunzima.	1	2	3	4	5
6. Ukubeka into kwishelfu esentla kwentloko yakho.	1	2	3	4	5
7. Ukwenza imisebenzi yasendlini enzima (umz. Ukuhlamba amadonga nokukorobha phantsi).	1	2	3	4	5
8. Ukucoca iyadi okanye ukusebenza esitiyeni (egadini).	1	2	3	4	5
9. Ukondlula.	1	2	3	4	5
10. Ukuphatha ingxowa yezinto ozithengileyo kunye ne bhegi yakho	1	2	3	4	5
11. Ukuphakamisa umthwalo onzima (ongange 5kg).	1	2	3	4	5
12. Ukutshintsha isibane esisentla kwakho.	1	2	3	4	5
13. Ukuhlamba/Ukuxubha inwele zakho.	1	2	3	4	5
14. Ukuzihlamba umqolo.	1	2	3	4	5
15. Ukuzinxibisa ijezi engenamikhono.	1	2	3	4	5
16. Ukusika ukutya ngemela.	1	2	3	4	5
17. Imisebenzi elula yokuhambisa ixesha (umz, ukudlala amakhasi, ukunitha, njalo njalo).	1	2	3	4	5
18. Imisebenzi yokuhambisa ixesha efuna usebenzise amandla okanye usebenzise kakhulu ingalo, igxalaba, isandla (umz., golf, ukubethelela ngehamile, umdlalo we tennis, njalo, njalo.).	1	2	3	4	5
19. Imisebenzi yokuhambisa ixesha efuna ushukumise isandla ngokukhululekileyo (umz., ukuphosa ibhola, njalo njalo.).	1	2	3	4	5
20. Ukukhwela izithuthi zikawonke-wonke okanye ukuqhuba isithuthu (ujikeleza usiya kwiindawo ngeendawo).	1	2	3	4	5
21. Ukwabelana ngesondo	1	2	3	4	5

# DISABILITIES OF THE ARM, SHOULDER AND HAND

	BEKUNGEKHO NGXAKI	IBINCINANE	IBIPHAKAT- HI	IBINKULU	IBINKULWANA KAKHULU
22. Kwisithuba seveki ephelileyo, iingxaki zengalo, igxalaba okanye isandla, zikuphazamise kangakanani xa ubusenza izinto zesiqhelo ekhayeni, nabahlobo, abamelwane okanye imibutho? <i>Bhala isangqa kwinani olikhethileyo</i>	1	2	3	4	5
	BEKUNGEKHO TU	OKUNCINANE	OKUPHAKATHI	OKUKHULU	BENDINGAKWZI UKWENZA NTO
23. Kwisithuba seveki ephelileyo ububophelekile okwenzeni umsebenzi wakho ngokwesiqhelo okanye ekwenzeni izinto zemihla ngemihla, ngenxa yengalo, igxalaba, okanye isandla esibuhlungu? (bhala isangqa kwenani olikhethileyo)	1	2	3	4	5
	BEKUNGEKHO NTO	KANCINCI	PHAKATHI	INOBUZAZA	KAKHULU
24. Ingalo, igxalaba okanye isandla esibuhlungu	1	2	3	4	5
25. Ingalo, igxalaba okanye isandla esibuhlungu xa usenza nawuphi na umsebenzi othile.	1	2	3	4	5
26. Inkantsi kwingalo, igxalaba okanye isandla sakho.	1	2	3	4	5
27. Ukuyekelela kwe ngalo yakho, igxalaba okanye isandla.	1	2	3	4	5
28. Ukuqina kwe ngalo yakho, igxalaba okanye isandla.	1	2	3	4	5
	BEKUNGEKHO BUNZIMA	UBUNZIMA OBUNCINCI	UBUNZIMA OBUPHAKAT HI	UBUNZIMA OBUKHULU	UBUNZIMA OBUKHULU OBUPHELISA UBUTHONGO
29. Kwisithuba seveki edlulileyo, bebungakanani ubunzima oye wanabo bokulala ngenxa yengalo, igxalaba okanye isandla esibuhlungu? (bhala isangqa kwinani olikhethileyo)	1	2	3	4	5
	ANDIVUMI TU	ANDIVUMI	ANDIVUMI- ANDALI	NDIYAVUMA	NDIVUMA KAKHULU
30. Ndiziva ndingelo ncedo, ndingakwazi ukuzenzela izinto okanye ndehle ithemba ngenxa ye ngalo yam, igxalaba okanye ingxaki yesandla. (bhala isangqa kwinani olikhethileyo)	1	2	3	4	5

**DASH DISABILITY/SYMPTOM SCORE** =  $\frac{[(\text{sum of } n \text{ responses}) - 1] \times 25}{n}$ , where n is equal to the number of completed responses.

A DASH score may not be calculated if there are greater than 3 missing items.

# DISABILITIES OF THE ARM, SHOULDER AND HAND

## IMODYULI YOMSEBENZI (ENGANYANZELEKANGA)

Le mibuzo ilandelayo ifuna ukuqonda ngefuthe lengxaki yengalo, yegxalaba okanye yesandla sakho kwindlela owenza ngayo umsebenzi wakho wengqesho (oku kuquka nowasendlini ukuba ubukhulu becala usebenza khona).

Chaza ukuba yintoni umsebenzi wakho/indima oyidlalayo khona: \_\_\_\_\_

Andiphangeli. (Ungalitsiba elicandelo).

Nceda bhala isangqa kwinani elichaza kakuhle imo yomzimba wakho ethubeni leveki edlulileyo. Ubukhe wafumana ubunzima?

	BEBUNGEKHO BUNZIMA	UBUNZIMA OBUNCINCI	UBUNZIMA OBUPHAKATHI	UBUNZIMA OBUKHULU	BENDINGAKWAZI UKWENZA NTO
1. Xa ubusebenzisa ubuchule onabo emsebenzini?	1	2	3	4	5
2. Ekwenzeni umsebenzi wakho wesiqhelo kuba ingalo igxalaba okanye isandla sibuhlungu	1	2	3	4	5
3. Ekwenzeni umsebenzi wakho kangangoko ufuna? Ekuthatheni ixesha lesiqhelo ukwenza umsebenzi wakho?	1	2	3	4	5

## EZEMIDLALO/IMIDLALO YEQONGA (ENGANYANZELEKANGA)

Le mibuzo ilandelayo, imalunga nefuthe le ngxaki kwingalo, igxalaba, okanye isandla sakho xa usebenzisa isixhobo somculo, sokudlala ezemidlalo, okanye zombini. Ukuba udlala iindidi ezahlukeneyo zemidlalo okanye izixhobo zomculo ezingaphezulu kwesinye (okanye zombini), nceda phendula le mibuzo ngoko kubaluleke kakhulu kuwe :

Andizidlali ezemidlalo okanye andisebenzisi sixhobo somculo. (Ungalitsiba elicandelo).

Nceda bhala isangqa kwinani elichaza kakuhle imo yomzimba wakho kwisithuba seveki edlulileyo. Ubukhe wafumana ubunzima?

	BEBUNGEKHO BUNZIMA	UBUNZIMA OBUNCINCI	UBUNZIMA OBUPHAKATHI	UBUNZIMA OBUKHULU	BENDINGAKWAZI UKWENZA NTO
1. Ekusebenziseni ubuchule onabo emsebenzini	1	2	3	4	5
2. Ekusebenziseni isixhobo somculo wakho okanye ukudlalani umdlalo ngenxa yengalo, igxalaba okanye isandla esibuhlungu?	1	2	3	4	5
3. Ekusebenziseni isixhobo sakho okanye ekudlalani ezemidlalo kangangoko uthanda? Ekuchitheni ixesha lakho elininzi uziqeqesha okanye udlala isixhobo somculo okanye ezimidlalo, njengesiqhelo	1	2	3	4	5

**SCORING THE OPTIONAL MODULES:** Add up assigned values for each response; divide by 4 (number of items); subtract 1; multiply by 25.

An optional module score may not be calculated if there are any missing items.