

# UKUKHUBAZEKA KWENGALO, IGXALABA NESANDLA

THE

# QuickDASH

OUTCOME MEASURE

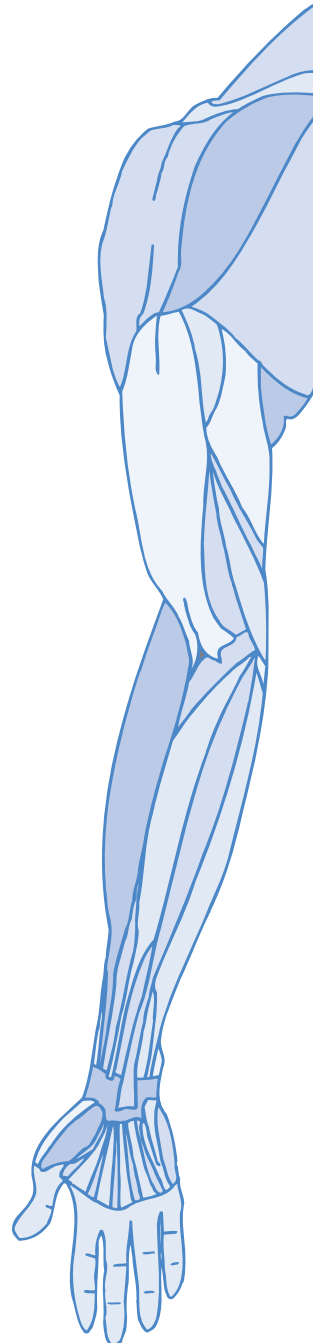
## UMYALELO

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.



# QuickDASH

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 esitha.	1	2	3	4	5
2. Ukwenza imisebenzi yasendlini enzima (umz. ukuhlamba amadongo nokukorobha phantsi).	1	2	3	4	5
3. Ukuphatha ingxowa yezinto ozithengileyo kunye ne bhegi yakho.	1	2	3	4	5
4. Ukuzihlamba umqolo.	1	2	3	4	5
5. Ukusika ukutya ngemela.	1	2	3	4	5
6. Imisebenzi yokuhambisa ixesha efuna usebenzise amandla okanye usebenzise kakhulu ingalo, igxalaba, isandla (umz., golf, ukubethelela ngehamile, umdlalo we tennis, njalo.).	1	2	3	4	5

	BEKUNGEKHO NGXAKI	IBINCINANE	IBIPHAKATHI	IBINKULU	IBINKULWANA KAKHULU
7. 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
8. 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

*Nceda hlela ngokobuzaza bazo eziimpawu zilandelayo kwisithuba saleveki idlulileyo. (bhala isangqa kwinani olikhethileyo)*

	BEKUNGEKHO NTO	KANCINCI	PHAKATHI	INOBUZAZA	KAKHULU
9. Ingalo, igxalaba okanye isandla esibuhlungu.	1	2	3	4	5
10. Inkantsi kwingalo, igxalaba okanye isandla sakho.	1	2	3	4	5

	BEKUNGEKHO BUNZIMA	UBUNZIMA OBUNCINCI	UBUNZIMA OBUPHAKATHI	UBUNZIMA OBUKHULU	UBUNZIMA OBUKHULU OBUPHELISA UBUTHONGO
11. Kwisithuba seveki edlulileyo, bebungakanani ubunzima oye wanabo bokulala ngenxa yengalo, igxalaba okanye isandla esibuhlungu? (bhala isangqa kwinani olikhethileyo)	1	2	3	4	5

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

A QuickDASH score may **not** be calculated if there is greater than 1 missing item.

## 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 ukudlaleni umdlalo ngenxa yengalo, igxalaba okanye isandla esibuhlungu?	1	2	3	4	5
3. Ekusebenziseni isixhobo sakho okanye ekudlaleni ezemidlalo kangangoko uthanda?	1	2	3	4	5
4. 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.