

**PRIORITY FOR IMPROVING
INDEPENDENCE IN ACTIVITIES OF
DAILY LIVING (ADL): PATIENT'S
PERSPECTIVE**

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ABSTRACT

This qualitative study aimed to identify the tetraplegic male patients' priorities in learning Activities of Daily Living (ADL). The study was conducted with five participants who were selected using convenience sampling and the data was collected using individual interviews with each participant. Five themes came out of the findings including dressing, mobility, eating, toileting and income generating activities. The results showed different views of individual participants in learning ADLs but at the same time showed common interests in some areas. For example, most of the participants have given priority to learn toileting and dressing lower half. Eating and mobility issues were also mentioned by the participants but did not show greater importance for learning. In regard to income, most of the participants were found to be anxious about their future productivity and concerned about taking care of their family. This study finding may not be able to represent all tetraplegic patients of Bangladesh but this study can assist Occupational Therapists and other health care professionals to do in-depth study in this regard. The researcher recommends that a further study is needed with a greater number of participants with paraplegia and tetraplegia, from both genders and taken from different centres.