Table 2-1: Documentation: Descriptive Words
Ruth Herold, CTRS and Kristin Ogren, OTR/L
Overlake Hospital and Medical Center, Bellevue, WA

<table>
<thead>
<tr>
<th>MOTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Posture:</strong></td>
</tr>
<tr>
<td>Tense</td>
</tr>
<tr>
<td>Relaxed</td>
</tr>
<tr>
<td><strong>Movements:</strong></td>
</tr>
<tr>
<td>Coordination</td>
</tr>
<tr>
<td>Fine motor</td>
</tr>
<tr>
<td>Jerking</td>
</tr>
<tr>
<td>Self-stimulating</td>
</tr>
<tr>
<td>Startles</td>
</tr>
<tr>
<td>Restless</td>
</tr>
<tr>
<td>Active</td>
</tr>
<tr>
<td>Retardation</td>
</tr>
<tr>
<td>Lethargic</td>
</tr>
</tbody>
</table>

HELPFUL WORDS TO REMEMBER

<table>
<thead>
<tr>
<th>Shows</th>
<th>Offers</th>
<th>Appears</th>
<th>Age-appropriate</th>
<th>Seems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Demonstrates</td>
<td>States</td>
<td>Situation-appropriate</td>
<td>Reports</td>
<td>Observed</td>
</tr>
<tr>
<td>Noted</td>
<td>Produces</td>
<td>Declines</td>
<td>Refuses</td>
<td>Resists</td>
</tr>
<tr>
<td>Withdraws</td>
<td>Initiates</td>
<td>Inconsistent</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

COGNITIVE

<table>
<thead>
<tr>
<th>Mental State:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Concentration</strong></td>
</tr>
<tr>
<td>Clear</td>
</tr>
<tr>
<td>Insightful</td>
</tr>
<tr>
<td>Reality testing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thought Process:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tangential</td>
</tr>
<tr>
<td>Processing</td>
</tr>
<tr>
<td>Expansive</td>
</tr>
<tr>
<td>Poverty of thought</td>
</tr>
</tbody>
</table>

AFFECT

<table>
<thead>
<tr>
<th>AFFECT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flat</td>
</tr>
<tr>
<td>Controlled</td>
</tr>
<tr>
<td>Placid</td>
</tr>
<tr>
<td>Self-deprecatory</td>
</tr>
<tr>
<td>Depressed</td>
</tr>
<tr>
<td>Sad</td>
</tr>
<tr>
<td>Remorseful</td>
</tr>
<tr>
<td>Belligerent</td>
</tr>
<tr>
<td>Puzzled</td>
</tr>
<tr>
<td>Agitated</td>
</tr>
<tr>
<td>Hostile</td>
</tr>
<tr>
<td>Enthusiastic</td>
</tr>
<tr>
<td>Animated</td>
</tr>
<tr>
<td>Elated</td>
</tr>
</tbody>
</table>

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### TASK PERFORMANCE

<table>
<thead>
<tr>
<th>Following Directions:</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Follows written directions</td>
<td>Follows verbal</td>
<td>Follows demonstrations</td>
<td>Needs cuing</td>
</tr>
<tr>
<td>Needs repeated directions</td>
<td>Needs hands-on assist</td>
<td>Learns quickly</td>
<td>Retails instructions</td>
</tr>
<tr>
<td>Follows (1-2-or3) step directions</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Use of Time:</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sets goals</td>
<td>Works intermittently</td>
<td>Utilizes time well</td>
<td>Plans ahead</td>
</tr>
<tr>
<td>Slow to get started</td>
<td>Organized</td>
<td>Efficient</td>
<td>Irregular attendance</td>
</tr>
<tr>
<td>Works steadily</td>
<td>Realistic planning</td>
<td>Works slowly</td>
<td>Hurried</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Choice of Activity:</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Indecisive</td>
<td>Hesitant</td>
<td>Takes initiative</td>
<td>Ambivalent</td>
</tr>
<tr>
<td>Quickly engages</td>
<td>Apathetic</td>
<td>Slow to engage</td>
<td>Chooses familiar activity</td>
</tr>
<tr>
<td>Unrealistic choice</td>
<td>Seeks challenging activity</td>
<td>Decisive</td>
<td>Selects (type of activity)</td>
</tr>
<tr>
<td>Detailed, short term</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Approach to Activity:</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient</td>
<td>Persistent</td>
<td>Persevering</td>
<td>Tolerates frustration</td>
</tr>
<tr>
<td>Eager</td>
<td>Interested</td>
<td>Follows through</td>
<td>Orderly</td>
</tr>
<tr>
<td>Compulsive</td>
<td>Tolerates delays</td>
<td>Accurate</td>
<td>Careful</td>
</tr>
<tr>
<td>Recognizes mistakes</td>
<td>Impulsive</td>
<td>Reckless</td>
<td>Careless</td>
</tr>
<tr>
<td>Problem solving</td>
<td>Quality of work</td>
<td>Seeks quick results</td>
<td>Quick gratification</td>
</tr>
<tr>
<td>Unaware of mistakes</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Independence/Dependence:</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Responsible</td>
<td>Seeks direction</td>
<td>Needs reminding</td>
<td>Competent</td>
</tr>
<tr>
<td>Self-reliant</td>
<td>Accepts direction</td>
<td>Seeks reassurance</td>
<td>Refuses direction</td>
</tr>
<tr>
<td>Debates suggestions</td>
<td>Disregards direction</td>
<td>Self-sufficient</td>
<td></td>
</tr>
</tbody>
</table>

### SOCIAL

<table>
<thead>
<tr>
<th>Expressive</th>
<th>Joking</th>
<th>Congenial</th>
<th>Engaging</th>
<th>Agreeable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tactful</td>
<td>Articulate</td>
<td>Gracious</td>
<td>Talkative</td>
<td>Warm</td>
</tr>
<tr>
<td>Open</td>
<td>Self-disclosing</td>
<td>Assertive</td>
<td>Spontaneous</td>
<td>Outspoken</td>
</tr>
<tr>
<td>Cooperative</td>
<td>Considerate</td>
<td>Sensitive</td>
<td>Sympathetic</td>
<td>Care-taking</td>
</tr>
<tr>
<td>Doting</td>
<td>Tolerant</td>
<td>Supportive</td>
<td>Concerned</td>
<td>Indifferent</td>
</tr>
<tr>
<td>Apathetic</td>
<td>Isolating</td>
<td>Sense of humor</td>
<td>Solitary</td>
<td>Superficial</td>
</tr>
<tr>
<td>Reserved</td>
<td>Self-focused</td>
<td>Guarded</td>
<td>Suspicious</td>
<td>Withdrawn</td>
</tr>
<tr>
<td>Argumentative</td>
<td>Seclusive</td>
<td>Detached</td>
<td>Passive</td>
<td>Engages in power struggle</td>
</tr>
<tr>
<td>Shy</td>
<td>Timid</td>
<td>Deferring</td>
<td>Condescending</td>
<td>Submissive</td>
</tr>
<tr>
<td>Tentative</td>
<td>Dependent</td>
<td>Ingratiating</td>
<td>Distrustful</td>
<td>Docile</td>
</tr>
<tr>
<td>Compliant</td>
<td>Watchful</td>
<td>Aggressive</td>
<td>Threatening</td>
<td>Dominating</td>
</tr>
<tr>
<td>Forceful</td>
<td>Intrusive</td>
<td>Sarcastic</td>
<td>Critical</td>
<td>Provocative</td>
</tr>
<tr>
<td>Cynical</td>
<td>Flippant</td>
<td>Competitive</td>
<td>Boastful</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Social Behaviors:</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Placement of seating in group (isolates, dominates, on fringe)</td>
<td>Eye contact (direct, occasional, elusive)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Awareness of social/physical boundaries</td>
<td>Group skills: parallel, competitive, cooperative</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body posture: open, closed, accessible</td>
<td>Verbal/nonverbal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Selective interactions (peers, staff, men, women, young, old)</td>
<td>Speech patterns (rapid, forced, spontaneous, latent)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tone of voice (monotone, inaudible, loud, soft)</td>
<td>Quality of grooming</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Role of patient in group</td>
<td>Response of peers to patient</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Patient response to authority</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>