

P-18. Washing in preparation for prayer (perform “wudu”) [uncalibrated]

Essential task

The person is expected to wash in preparation for prayer (perform “wudu”).

Specific criteria

1. The person is expected to remove footwear.
2. The person is expected to place removed footwear and other prespecified items (e.g., headwear, socks) in an appropriate storage location.
3. The person is expected to wash the following body parts in the order listed: hands, mouth, nostrils, face, forearms, head, ears, and feet. When washing the face, the person is expected to wash one’s beard, if present.
4. The person is expected to perform “wudu” in an indoor setting (e.g., home, hospital, mosque).

Options

1. Appropriate footwear includes shoes or slippers that slip on, are fastened (Velcro®, buckle), or are tied.
2. Removing socks is optional.
3. Removing headwear is optional.
4. Removing jewelry (e.g., watch, ring) is optional.
5. Filling a basin or bowl with water to use when washing is optional.
6. The person may wash at any type of water source (e.g., sink, faucet) or may use a prefilled container of water (e.g., basin, bottle).
7. Drying body parts after washing is optional.

Restoration

The person is expected to restore any tools and materials (e.g. basin for water, towel for drying) to appropriate places, wipe up any spills, and discard any waste (e.g., paper towels) into a garbage container.

Prior to beginning the person should

Be completely familiarized with the set up of the environment, including the location of all needed tools and materials and the operation of water taps. A variety of alternative choices should be included among the tools and materials stored.

Prior to beginning the occupational therapist should

1. Ascertain the number of times the person intends to wash the hands, mouth, nostrils, face, forearms, head, ears, and feet.
2. Ascertain whether the person intends to remove socks and/or headwear.
3. Ascertain where the person intends to place the removed shoes and any other prespecified items (e.g., socks, headwear).
4. Ascertain what tools and materials (e.g., basin, towel, paper towels) the person usually uses when washing. **Note.** This information is gathered so that the occupational therapist can be sure that all needed tools and materials are available to the person.

Special rules

1. The person is not scored on beginning to pray before or after washing.
2. The person is not scored on whether he or she dries body parts after washing.
3. The person is not scored on whether he or she removes jewelry (e.g., watch, ring) during the task performance.
4. Score washing the body parts the prespecified number of times and in the expected order under **Heeds**.

Required tools and materials

- Water source (e.g., sink, faucet) or prefilled container of water (basin, bottle)
- Shoes or slippers
- Towels (cloth or paper)
- Optional: basin, bowl, tissues, garbage container