

The Barthel Index

Patient: _____

Activity _____ **Score** _____

FEEDING

- 0 = unable
- 5 = needs help cutting, spreading butter, etc., or requires modified diet
- 10 = independent

BATHING

- 0 = dependent
- 5 = independent (or in shower)

GROOMING

- 0 = needs to help with personal care
- 5 = independent face/hair/teeth/shaving (implements provided)

DRESSING

- 0 = dependent
- 5 = needs help but can do about half unaided
- 10 = independent (including buttons, zips, laces, etc.)

BOWELS

- 0 = incontinent (or needs to be given enemas)
- 5 = occasional accident
- 10 = continent

BLADDER

- 0 = incontinent, or catheterized and unable to manage alone
- 5 = occasional accident
- 10 = continent

TOILET USE

- 0 = dependent
- 5 = needs some help, but can do something alone
- 10 = independent (on and off, dressing, wiping)

TRANSFERS (BED TO CHAIR AND BACK)

- 0 = unable, no sitting balance
- 5 = major help (one or two people, physical), can sit
- 10 = minor help (verbal or physical)
- 15 = independent

MOBILITY (ON LEVEL SURFACES)

- 0 = immobile or < 50 yards
- 5 = wheelchair independent, including corners, > 50 yards
- 10 = walks with help of one person (verbal or physical) > 50 yards
- 15 = independent (but may use any aid; for example, stick) > 50 yards

STAIRS

- 0 = unable
- 5 = needs help (verbal, physical, carrying aid)
- 10 = independent

TOTAL (0-100): _____

The Barthel ADL Index: Guidelines

1. The index should be used as a record of what a patient does, not as a record of what a patient could do.
2. The main aim is to establish degree of independence from any help, physical or verbal, however minor and for whatever reason.
3. The need for supervision renders the patient not independent.
4. A patient's performance should be established using the best available evidence. Asking the patient, friends/relatives and nurses are the usual sources, but direct observation and common sense are also important. However direct testing is not needed.
5. Usually the patient's performance over the preceding 24-48 hours is important, but occasionally longer periods will be relevant.
6. Middle categories imply that the patient supplies over 50 per cent of the effort.
7. Use of aids to be independent is allowed.

Patient's Signature: _____ **Date:** _____

Therapist's Signature: _____ **Date:** _____