

**THE
BARTHEL
INDEX**

Patient Name: _____

Rater Name: _____

Date: _____

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): _____

Guidelines for the Barthel Index of Activities of Daily Living

General

- The Index should be used as a record of what a patient **does**, NOT as a record of what a patient **could do**.
- The main aim is to establish degree of independence from any help, physical or verbal, however minor and for whatever reason.
- The need for supervision renders the patient not independent.
- A patient's performance should be established using the best available evidence. Asking the patient, friends/relatives, and nurses will be the usual source, but direct observation and common sense are also important. However, direct testing is not needed.
- Usually the performance over the preceding 24 – 48 hours is important, but occasionally longer periods will be relevant.
- Unconscious patients should score '0' throughout, even if not yet incontinent.
- Middle categories imply that the patient supplies over 50% of the effort.
- Use of aids to be independent is allowed.

Bowels (preceding week)

- If needs enema from nurse, then 'incontinent.'
- 'Occasional' = once a week.

Bladder (preceding week)

- 'Occasional' = less than once a day.
- A catheterized patient who can completely manage the catheter alone is registered as 'continent.'

Grooming (preceding 24 – 48 hours)

- Refers to personal hygiene: doing teeth, fitting false teeth, doing hair, shaving, washing face. Implements can be provided by helper.

Toilet use

- Should be able to reach toilet/commode, undress sufficiently, clean self, dress, and leave.
- 'With help' = can wipe self and do some other of above.

Feeding

- Able to eat any normal food (not only soft food). Food cooked and served by others, but not cut up.
- 'Help' = food cut up, patient feeds self.

Transfer

- From bed to chair and back.
- 'Dependent' = NO sitting balance (unable to sit); two people to lift.
- 'Major help' = one strong/skilled, or two normal people. Can sit up.
- 'Minor help' = one person easily, OR needs any supervision for safety.

Mobility

- Refers to mobility about house or ward, indoors. May use aid. If in wheelchair, must negotiate corners/doors unaided.
- 'Help' = by one untrained person, including supervision/moral support.

Dressing

- Should be able to select and put on all clothes, which may be adapted.
- 'Half' = help with buttons, zips, etc. (*check!*), but can put on some garments alone.

Stairs

- Must carry any walking aid used to be independent.

Bathing

- Usually the most difficult activity.
- Must get in and out unsupervised, and wash self.
- Independent in shower = 'independent' if unsupervised/unaided.