

# Barthel Index of Activities of Daily Living

Patients's ID Card No: \_\_\_\_\_

Surname: \_\_\_\_\_

Name: \_\_\_\_\_

**Instructions:** Choose the scoring point for the statement that most closely corresponds to the patient's current level of ability for each of the following 10 items.

## SCORE

### **Bowels**

- 0 = incontinent (or needs to be given enemata)
- 1 = occasional (once/week)
- 2 = continent

### **Bladder**

- 0 = incontinent or catheterized and unable to manage
- 1 = occasional accident (max once per 24 hrs)
- 2 = continent (over 7 days)

### **Grooming**

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

### **Toilet Use**

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

### **Feeding**

- 0 = unable
- 1 = needs help cutting, spreading butter etc.
- 2 = independent (food provided within reach)

### **Transfer**

- 0 = unable-no sitting balance
- 1 = major help (one or two people, physical), can sit
- 2 = minor help (verbal or physical)
- 3 = independent

### **Mobility**

- 0 = immobile
- 1 = wheelchair independent including corners etc.
- 2 = walks with help of one person (verbal or physical)
- 3 = independent (but may use any aid (eg stick)

**Dressing**

0 = dependent

1 = needs help, but can do half unaided

2 = independent (including buttons, zips, laces etc.)

**Stairs**

0 = unable

1 = needs help (verbal, physical, carrying aid)

2 = independent up and down

**Bathing**

0 = dependent

1 = independent (or in shower)

**TOTAL SCORE**

(Collin *et al.*, 1988)

**Scoring:**

Sum the patient’s scores for each item. Total possible scores range from 0 – 20, with lower scores indicating increased disability. If used to measure improvement after rehabilitation, changes of more than two points in the total score reflect a probable genuine change, and change on one item from fully dependent to independent is also likely to be reliable.

**Sources:**

- Collin C, Wade DT, Davies S, Horne V. The Barthel ADL Index: a reliability study. *Int Disabil Stud.* 1988; 10(2):61-63.
- Mahoney FI, Barthel DW. Functional evaluation: the Barthel Index. *MD State Med J.* 1965;14:61-65
- Wade DT, Collin C. The Barthel ADL Index: a standard measure of physical disability? *Int Disabil Stud.* 1988;10(2):64-67.

\_\_\_\_\_  
Signature of Medical Doctor/Specialist

\_\_\_\_\_  
Medical Council Number

\_\_\_\_\_  
Date