

# The Barthel Index

Patient's name:		
Rater's name:		Date and time of rating:
Activity		Score
<b>FEEDING</b>	0 = unable	
	5 = needs help cutting, spreading butter, etc., or requires modified diet	
	10 = independent	
<b>BATHING</b>	0 = dependent	
	5 = independent (or in shower)	
<b>GROOMING</b>	0 = needs to help with personal care	
	5 = independent face/hair/teeth/shaving (implements provided)	
<b>DRESSING</b>	0 = dependent	
	5 = needs help but can do about half unaided	
	10 = independent (including buttons, zips, laces, etc.)	
<b>BOWELS</b>	0 = incontinent (or needs to be given enemas)	
	5 = occasional accident	
	10 = continent	
<b>BLADDER</b>	0 = incontinent, or catheterized and unable to manage alone	
	5 = occasional accident	
	10 = continent	
<b>TOILET USE</b>	0 = dependent	
	5 = needs some help, but can do something alone	
	10 = independent (on and off, dressing, wiping)	
<b>TRANSFERS (BED TO CHAIR AND BACK)</b>	0 = unable, no sitting balance	
	5 = major help (one or two people, physical), can sit	
	10 = minor help (verbal or physical)	
	15 = independent	
<b>MOBILITY (ON LEVEL SURFACES)</b>	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	
<b>CONTINUE TO THE NEXT PAGE →</b>		

# The Barthel Index

<b>CONTINUED</b>		
<b>Activity</b>		<b>Score</b>
<b>STAIRS</b>	0 = unable	
	5 = needs help (verbal, physical, carrying aid)	
	10 = independent	
<b>TOTAL SCORE (0 - 100):</b>		
<b>The Barthel ADL Index: Guidelines</b>		
<ol style="list-style-type: none"> <li>1. The index should be used as a record of what a patient does, not as a record of what a patient could do.</li> <li>2. The main aim is to establish degree of independence from any help, physical or verbal, however minor and for whatever reason.</li> <li>3. The need for supervision renders the patient not independent.</li> <li>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.</li> <li>5. Usually the patient's performance over the preceding 24-48 hours is important, but occasionally longer periods will be relevant.</li> <li>6. Middle categories imply that the patient supplies over 50 per cent of the effort.</li> <li>7. Use of aids to be independent is allowed.</li> </ol>		
<b>Additional notes:</b>		
Mahoney FI, Barthel D. "Functional evaluation: the Barthel Index." Maryland State Med Journal 1965;14:56-61. Used with permission.		