Barthel Index (BI)

Name: _____ Date: _____

Rate what the patient actually does, not what the patient could do. The aim is to establish the degree of independence from any help, physical or verbal, however minor and for whatever reason. The need for supervision means the patient is not independent. Use the best available evidence (patient, friends or relatives, nurses, direct observation); direct testing is not needed. Usually the performance over the preceding 24 to 48 hours is important. Middle categories imply that the patient supplies over 50 per cent of the effort. Use of aids to be independent is allowed. Choose one option per activity.

1. Feeding

[ ] Unable	0
[ ] Needs help cutting, spreading butter, etc., or requires modified diet	5
[ ] Independent	10

2. Bathing

[ ] Dependent	0
[ ] Independent (or in shower)	5

3. Grooming

[ ] Needs to help with personal care	0
[ ] Independent face/hair/teeth/shaving (implements provided)	5

4. Dressing

[ ] Dependent	0
[ ] Needs help but can do about half unaided	5
[ ] Independent (including buttons, zips, laces, etc.)	10

5. Bowels

[ ] Incontinent (or needs to be given enemas)	0
[ ] Occasional accident	5
[ ] Continent	10

6. Bladder

[ ] Incontinent, or catheterized and unable to manage alone	0
[ ] Occasional accident	5
[ ] Continent	10

7. Toilet use

[ ] Dependent	0
[ ] Needs some help, but can do something alone	5
[ ] Independent (on and off, dressing, wiping)	10

8. Transfers (bed to chair and back)

[ ] Unable, no sitting balance	0
[ ] Major help (one or two people, physical), can sit	5
[ ] Minor help (verbal or physical)	10
[ ] Independent	15

9. Mobility (on level surfaces)

[ ]	Immobile or < 50 yards	0
[ ]	Wheelchair independent, including corners, > 50 yards	5
[ ]	Walks with help of one person (verbal or physical) > 50 yards	10
[ ]	Independent (but may use any aid; for example, stick) > 50 yards	15

10. Stairs

[ ]	Unable	0
[ ]	Needs help (verbal, physical, carrying aid)	5
[ ]	Independent	10

Scoring

Sum of the 10 item scores (0 to 100, original Mahoney and Barthel scoring in 5 point steps). Alternative 0 to 20 version (Collin et al. 1988, Wade and Collin): each item score divided by 5 (feeding 0 to 2, bathing 0 to 1, grooming 0 to 1, dressing 0 to 2, bowels 0 to 2, bladder 0 to 2, toilet 0 to 2, transfers 0 to 3, mobility 0 to 3, stairs 0 to 2), total = 0 to 20.

Barthel Index (0 to 100): _____ / 100

Barthel Index (0 to 20 version): _____

Source: Mahoney, F. I., & Barthel, D. W. (1965). Functional evaluation: The Barthel Index. Maryland State Medical Journal, 14, 61-65.

Online calculator and more: physiotutors.com/questionnaires