

## Barthel index

*"The Barthel Index (formerly: The Maryland Disability Index) is a rating scale completed by a nurse, physiotherapist or doctor from medical records or from direct observation. The ten activities assessed are shown below, together with the corresponding scores. Mahoney and Barthel provided extensive definitions of the levels of independence included in the index (not exhibited here). A score of 0, 5, 10 or 15 is assigned to each level; overall scores range from 0 to 100. The scores are intended to reflect the amount of time and assistance a patient requires."*

|  | With help | Independent |
|--|-----------|-------------|
| 1. Feeding (if food needs to be cut up = help)                           | 5         | 10          |
| 2. Moving from wheelchair to bed and return (includes sitting up in bed) | 5-10      | 15          |
| 3. Personal toilet (wash face, comb hair, shave, clean teeth)            | 0         | 5           |
| 4. Getting on and of toilet (handing clothes, wipe, flush)               | 5         | 10          |
| 5. Bathing self  | 0         | 5           |
| 6. Walking on level surface (or if unable to walk, propel wheelchair)    | 10        | 15          |
| 7. Ascend and descend stairs   | 5         | 10          |
| 8. Dressing (includes tying shoes, fastening fasteners)                  | 5         | 10          |
| 9. Controlling bowels  | 5         | 10          |
| 10. Controlling bladder  | 5         | 10          |

Reproduced from Mahoney FI, Barthel DW. Functional evaluation: the Barthel Index. Maryland Stat Med J 1965; 14:62.

**Note: a score of zero is given where patients cannot meet the defined criterion.**