

The 10-Item Modified Barthel Index

Overview: The 10-item modified Barthel Index is intended to establish the degree of independence of the patient from any help however minor and for whatever purpose.

Guidelines to completing:

- this should record what the patient does rather than what the patient could do
- the need for supervision indicates that the patient is not independent
- answers should be based on the best available evidence but direct observation is not required
- a patient who is unconscious is scored "0" throughout even if not yet incontinent

| Parameter | Finding | Points |
|---------------------------------------|--|--------|
| bowels (preceding week) | continent | 2 |
| | occasional accident (once a week) | 1 |
| | incontinent (or needs to be given enemas) | 0 |
| bladder (preceding week) | continent | 2 |
| | occasional accident (once per 24 hours) | 1 |
| | incontinent or catheterized and unable to manage | 0 |
| grooming (preceding 24 - 48 hours) | independent | 1 |
| | needs help | 0 |
| toilet use | independent | 2 |
| | needs some help | 1 |
| | dependent | 0 |
| feeding | independent | 2 |
| | needs help | 1 |
| | unable | 0 |
| transfer (from bed to chair and back) | independent | 3 |
| | minor help (verbal or physical) | 2 |
| | major help (one or two persons physical) can sit | 1 |
| | unable; no sitting balance; need two people | 0 |

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|----------|--|---|
| | to lift | |
| mobility | independent but may make use of a walking aid | 3 |
| | walks with the help of one person (verbal or physical) | 2 |
| | wheelchair independent | 1 |
| | immobile | 0 |
| dressing | independent (including buttons zips laces etc.) | 2 |
| | needs help but can do about half unaided | 1 |
| | dependent | 0 |
| stairs | independent up and down; must carry any walking aid used to be independent | 2 |
| | needs help (verbal physical carrying aid) | 1 |
| | unable | 0 |
| bathing | independent; must get in and out unsupervised and wash self | 1 |
| | dependent | 0 |

modified Barthel Index = SUM(points for all 10 items)

Interpretation:

- minimum score: 0
- maximum score: 20

References:

McDowell I Newell C. Measuring Health - A Guide to Rating Scales and Questionnaires Second Edition. Oxford University Press. 1996. pages 56-63