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APPENDIX

Barthel Index

1. Feeding (10)
 - 10 = Independent. The patient can feed himself from a tray or table when someone puts the food within his reach. He must be able to put on an assistive device. If this is needed, cut up food, use salt and pepper, spread butter, etc. He must accomplish this in a reasonable time.
 - 5 = Some help is necessary (for instance, with cutting up food, as listed above.)

2. Moving from wheelchair to bed and returning
 - 15 = Independent in all phases of this activity. Patient can safely approach the bed in his wheelchair, lock brakes, lift footrests, move safely to bed, lie down, come to a sitting position on the side of the bed, change the position of the wheelchair, if necessary, to transfer back into it safely, and return to the wheelchair.
 - 10 = Either some minimal help is needed in some step of this activity or the patient needs to be reminded or supervised for safety of one or more parts of this activity.
 - 5 = Patient can come to a sitting position without the help of a second person but needs a great deal of help to be lifted out of bed.

3. Personal toilet (5)
 - 5 = Patient can wash hands and face, comb hair, clean teeth, and shave. He may use any kind of razor but must put in blade or plug in razor without help, as well as get it from drawer or cabinet. Female patients must put on own make-up, if used, but need not braid or style hair.

4. Getting on and off toilet (10)
 - 10 = Patient is able to get on and off toilet, fasten and unfasten clothes, prevent soiling of clothes, and use toilet paper without help. He may use a wall bar or other stable object for support if needed. If it is necessary to use a bedpan instead of a toilet, he must be able to place it on a chair, empty it, and clean it.
 - 5 = Patient needs help because of imbalance or in handling clothes or is using toilet paper.

5. Bathing self (5)
 5 = Patient may use a bathtub or shower or take a complete sponge bath. He must be able to do all the steps involved in whichever method is employed without another person.
6. Walking on a level surface (15)
 15 = Patient can walk at least 50 yards without help or supervision. He may wear braces or prostheses and use crutches, canes, or walkerette but not a rolling walker. He must be able to lock and unlock braces if used, assume the standing position and sit down, get the necessary mechanical aids into position for use, and dispose of them when he sits. (Putting on and taking off braces is scored under dressing.)
 10 = Patient needs help or supervision in any of the above but can walk at least 50 yards with a little help.
- 6a. Propelling a wheelchair (if appropriate) (5)
 5 = A patient cannot ambulate but can propel a wheelchair independently. He must be able to go around corners, turn around, and maneuver the chair to a table, bed, and toilet. He must be able to push a chair at least 50 yards. Do not score this item if the patient gets score for walking.
7. Ascending and descending stairs (10)
 10 = Patient is able to go up and down a flight of stairs safely without help or supervision. He may and should use handrails, canes, or crutches when needed. He must be able to carry canes or crutches as he ascends or descends stairs.
 5 = Patient needs help with or supervision of any one of the above items.
8. Dressing and undressing (10)
 10 = Patient is able to put on and remove and fasten all clothing, and tie shoelaces (unless it is necessary to use adaptations for this). The activity includes putting on and removing and fastening corset or braces when these are prescribed. Such special clothing as suspenders, loafer shoes, or dresses the open down the front may be used when necessary.

- 5 = Patient needs help in putting on and removing or fastening any clothing. He must do at least half the work himself. He must accomplish this in a reasonable time. Women need not be scored on use of a brassiere or girdle unless these are prescribed garments.
9. Continenence of bowels (10)
- 10 = Patient is able to control his bowels and have no accidents. He can use a suppository or take an enema when necessary (as for spinal cord injury patients who have had bowel training).
- 5 = Patient needs help in using suppository or taking an enema or has occasional accidents.
10. Controlling bladder (10)
- 10 = Patient is able to control his bladder day and night. Spinal cord injury patients who wear an external device and let-bag must put them on independently, clean and empty bag, and stay dry day and night.
- 5 = Patient has occasional accidents or cannot wait for the bedpan or get to the toilet in time or needs help with an external device.
- 0 - 60 dependence
61 - 100 Independence

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