

Patient Name \_\_\_\_\_

Rater Name \_\_\_\_\_

Date \_\_\_\_\_

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)	

*(continued on back)*

To call a STROKE ALERT, call 352.265.0222 or 1.800.342.5365  
and transport to UF Health Shands Hospital

To transfer a stroke or neurosurgical patient, call the  
UF Health Shands Transfer Center: 1.800.X.TRANSFER (1.800.987.2673)

For more information, visit [Stroke.UFHealth.org](http://Stroke.UFHealth.org)

Activity	Score
<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	
<b>STAIRS</b>	
0 = unable	
5 = needs help (verbal, physical, carrying aid)	_____
10 = independent	
<b>TOTAL (0-100)</b> _____	

### The Barthel ADL Index: Guidelines

1. The index should be used as a record of what a patient does, not as a record of what a patient could do.
2. The main aim is to establish degree of independence from any help, physical or verbal, however minor and for whatever reason.
3. The need for supervision renders the patient not independent.
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.
5. Usually the patient's performance over the preceding 24-48 hours is important, but occasionally longer periods will be relevant.
6. Middle categories imply that the patient supplies over 50 per cent of the effort.
7. Use of aids to be independent is allowed.

### References

- Mahoney FI, Barthel D. "Functional evaluation: the Barthel Index."  
*Maryland State Medical Journal* 1965;14:56-61. Used with permission.
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