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Appendix 3

MODIFIED BARTHEL INDEX OVERVIEW: SELF-CARE ASSESSMENT		
INDEX ITEM	SCORE	DESCRIPTION
CHAIRED TRANSFER	4	1. Gaiter or prosthesis is needed. The movement is required to transfer the patient with or without a mechanical device.
	3	2. Able to participate, but constant assistance of one other person is required in all aspects of the transfer.
	2	3. The transfer requires the assistance of one other person. Assistance may be required 2/3/4/5 steps of the transfer.
	1	4. The presence of another person is required either as a confidence measure, or to provide supervision for safety.
	0	5. The patient can safely approach the bed walking or in a wheelchair, lock brakes, sit down, or position to safely get down safely to bed. In these cases, no sitting position on the side of the bed, change the position of the wheelchair, transfer the patient to a safe sitting position and stand. The patient must be independent in all phases of this activity.
AMBULATION	5	6. Dependent in ambulation.
	4	7. Constant presence of one or more assistant is required during ambulation.
	3	8. Assistance is required with walking with assistive device. One person is required to assist ambulation.
	2	9. The patient is independent in ambulation but requires a walk belt or safety harness without help or supervision is needed for confidence or safety in hazardous situations.
	1	10. The patient must be able to walk without help of equipment, lock and unlock their braces or crutches, maintain posture, sit down, and place the necessary call any equipment for use. The patient must be able to transfer, stand, sit, or a wheelchair, and walk 50 meters without help or supervision.
AMBULATION/WHEELCHAIR	5	11. Dependent in wheelchair ambulation.
	4	12. Patient can propel self short distances on flat surface, but assistance is required for all other steps of wheelchair management.
	3	13. Presence of one person is necessary and constant assistance is required to negotiate short walks, hall, etc.
	2	14. The patient can propel self for a considerable duration over regularly encountered terrain. Manual assistance may still be required in "tight corners" or to negotiate curbs, stairs, etc.
	1	15. To propel wheelchair independently, the patient must be able to go around corners, stop/start, maneuver the chair in walks, hall, etc. The patient must be able to push a chair at least 50 meters and negotiate a curb.

Table 1 Baseline characteristics of the 169 studied patients

Variable	Mean (SD)
BMI	27.91 (6.76)
CIRS1	1.66 (0.46)
CIRS2	2.93 (1.71)
FEV <sub>1</sub> , % predicted	58 (27)
FVC, % predicted	82 (23)
FEV <sub>1</sub> /FVC, %	72 (25)
GOLD stages in patients with COPD, n (%)	
GOLD I: 11 (8.1)	
GOLD II: 31 (22.8)	
GOLD III: 31 (22.8)	
GOLD IV: 63 (46.32)	
pH	7.43 (0.05)
PaCO <sub>2</sub> , mmHg	45 (27)
PaO <sub>2</sub> /FiO <sub>2</sub>	314 (61)
6MWD, m	279 (143)
Barthel Index (score)	94 (14)
CRF, n (%)	69 (41)
Diagnosis	n (%)
COPD	136 (80)
Restrictive lung disease*	20 (12)
ILD	4 (2)
Other	9 (6)
Pharmacotherapy	n (%)
None	33 (19)
LAMA	15 (9)
LABA + LAMA	45 (27)
LABA + LAMA + ICS	76 (45)
LTOT	69 (41)

**Note:** \*2 ILD and 18 chest wall disease.  
**Abbreviations:** BMI, body mass index; CIRS, Cumulative Illness Rating Scale; COPD, chronic obstructive pulmonary disease; CRF, chronic respiratory failure; FEV<sub>1</sub>, forced expiratory volume in 1 second; FiO<sub>2</sub>, inspiratory fraction of oxygen; FVC, forced vital capacity; GOLD, Global Initiative for Chronic Obstructive Lung Diseases; ICS, inhaled corticosteroid; ILD, interstitial lung diseases; LABA, long-acting beta2-agonist; LAMA, long-acting muscarinic antagonist; LTOT, long-term oxygen therapy; 6MWD, 6-minute walk distance; PaCO<sub>2</sub>, arterial partial pressure of carbon dioxide; PaO<sub>2</sub>, arterial partial pressure of oxygen; SD, standard deviation.

Item	Description	Score	Items
1. Alimentation	Autonome. Capable de se servir des instruments nécessaires. Prend ses repas en un temps raisonnable A besoin d'aide, par exemple pour couper	10 5	
2. Bain	Possible sans aide	5	
3. Continence rectale	Aucun accident Accidents occasionnels	10 5	
4. Continence urinaire	Aucun accident Accidents occasionnels	10 5	
5. Déplacements	N'a pas besoin de fauteuil roulant. Autonome sur une distance de 50 m, éventuellement avec des cannes. Peut faire 50 mètres avec aide Autonome dans un fauteuil roulant, si incapable de marcher.	15 10 5	
6. Escaliers	Autonome. Peut se servir de cannes. A besoin d'aide et de surveillance.	10 5	
7. Habillement	Autonome. Lace ses chaussures. Attache ses boutons. Met ses bretelles. A besoin d'aide, mais fait au moins la moitié de la tâche dans un temps raisonnable.	10 5	
8. Soins personnels	Se lave le visage, se coiffe, se brosse les dents, se rase. Peut brancher un rasoir électrique	5	
9. Usage des WC	Autonome. Se sert seul du papier hygiénique, de la chasse d'eau. A besoin d'aide pour l'équilibre, pour ajuster ses vêtements et se servir du papier hygiénique.	10 5	
10. Transfert du lit au fauteuil	Autonome, y compris pour faire fonctionner un fauteuil roulant. Surveillance ou aide minime. Capable de s'asseoir, mais a besoin d'une aide maximum pour le transfert.	15 10 5	
	Score :		

Stroke Association Across the Continuum of Care

## Appendix G: Assessing Activities of Daily Living

Reprints and all correspondence: The Internal Trade Centre, Module Builders and Online Assessment Tools, (published July 7, 2008). (Online Available: <http://www.seck.com/onlineassessmenttools/online.html>)

The following tools, the Barthel Index and the Functional Independence Measure (FIM)<sup>TM</sup>, are provided as examples of validated tools that can be used by nurses for assessing activities of daily living.

### The Barthel ADL index: Guidelines

- The inducts should be based on a record of what a client does, not on a record of what a client should do.
- The inducts aim to establish degree of independence from any help, physical or verbal, however minor, and for whatever reason.
- The need for supervision renders the client not independent.
- A client's performance should be established using the best available evidence. Having the client's records reviewed and signed are the most accurate, but direct observation and common sense are also important. However, direct testing is not required.
- Usually, the client's performance over the preceding 24-48 hours is important, but occasionally longer periods will be relevant.
- Middle categories imply that the client supplies over 50% of the effort.
- The use of aids to be independent is allowed.

Barthel Index	Score
<b>Feeding</b>	
5 = unable to	
4 = needs help cutting, spreading butter, etc., or requires modified diet	
3 = independent	
<b>Bathing</b>	
4 = dependent	
3 = independent (or is shower)	
<b>Dressing</b>	
4 = needs help with personal care	
3 = independent (includes trouble dressing, implements provided)	
<b>Toileting</b>	
4 = dependent	
3 = needs help but can do about half a wash	
2 = independent (including bathes, hips, face, etc.)	
<b>Stairs</b>	
4 = incontinent (or needs to be given crutches)	
3 = occasional accident	
2 = constant	

What is a barthel assessment. Scoring of barthel index. Barthel score interpretation. The barthel index score interpretation. Barthel index score form. Barthel adl index scoring.

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