

MODIFIED BARTHEL INDEX (MBI)			
	Score Description	Admission	Discharge
Personal hygiene	<p>0 Dependent in all aspects of personal hygiene</p> <p>1 Assistance is required in all steps, but patient able to make some contribution</p> <p>3 Some assistance is required in one or more steps</p> <p>4 Able to conduct with minimal assistance before and/or after the task</p> <p>5 Independent in personal hygiene</p>	0 1 3 4 5	0 1 3 4 5
Bathing self	<p>0 Total dependence in bathing</p> <p>1 Assistance required in all aspects of bathing, able to make some contribution</p> <p>3 Assistance required with either transfer to shower/bath or with washing or drying</p> <p>4 Supervision for safety of set up, or in the transfer</p> <p>5 Independent bathing self</p>	0 1 3 4 5	0 1 3 4 5
Dressing	<p>0 Dependent in all aspects of dressing</p> <p>2 Assistance in all aspects of dressing, able to make some contribution</p> <p>5 Assistance is needed in putting on, and/or removing any clothing</p> <p>8 Only minimal assistance is required with fastening clothing</p> <p>10 Independent dressing</p>	0 2 5 8 10	0 2 5 8 10
Toilet	<p>0 Fully dependent in toileting</p> <p>2 Assistance required in all aspects of toileting</p> <p>5 Assistance with management of clothing, transferring, or washing hands</p> <p>8 Supervision with normal toilet. A commode may be used at night but assistance is required for emptying and cleaning</p> <p>10 The patient is able to get on/off the toilet, fasten clothing and use toilet paper without help. If necessary, the patient may use a bed pan or commode or urinal at night, but must be able to empty it and clean it</p>	0 2 5 8 10	0 2 5 8 10
Bowels	<p>0 Dependent in bowel management, is incontinent, or has stoma bag</p> <p>2 Incontinent but able to assist with the application of internal/external device</p> <p>5 Generally dry by day, but not at night & needs some assistance with devices</p> <p>8 Generally dry by day and night, but may have an occasional accident or need minimal assistance with internal or external devices</p> <p>10 The patient is able to control bowels day and night, and/or is independent with internal or external devices</p>	0 2 5 8 10	0 2 5 8 10
Bladder	<p>0 Dependent in bladder management, is incontinent, or has indwelling catheter</p> <p>2 Incontinent but able to assist with the application of internal/external device</p> <p>5 Generally dry by day, but not at night & needs some assistance with devices</p> <p>8 Generally dry by day and night, but may have an occasional accident or need minimal assistance with internal or external devices</p> <p>10 The patient is able to control bladder day and night, and/or is independent with internal or external devices</p>	0 2 5 8 10	0 2 5 8 10

Feeding	<p>0 Dependent in all aspects of feeding</p> <p>2 Can manipulate an eating device, usually a spoon, but someone must provide active assistance during the meal</p> <p>5 Feeds self with supervision. Assistance with set up activities</p> <p>8 Independence in feeding with meal prepared e.g. meat cut, jar lid opened etc</p> <p>10 Independent feeding self from a tray or table when the food is within reach. Must put on an assistive device if needed, cut food, use salt & pepper, spread butter, etc.</p>	0 2 5 8 10	0 2 5 8 10
Chair/Bed Transfer	<p>0 Dependent with transfer, 2 attendants for transfer with/ without a mechanical device</p> <p>3 Able to participate but max assistance of one person required in all aspects of transfer</p> <p>8 Assistance of one other person, assistance required in any aspect of the transfer</p> <p>12 Needs supervision for safety</p> <p>15 Independent in transfer</p>	0 3 8 12 15	0 3 8 12 15
Ambulation	<p>0 Unable to ambulate</p> <p>3 Constant presence of one or more assistants are required during ambulation</p> <p>8 Assistance is required with reaching aids and/or their manipulation. One person is required to offer assistance</p> <p>12 Independent in ambulation but unable to walk 50 metres without help, or supervision is needed for confidence or safety in hazardous situations</p> <p>15 Independent ambulation +/- walking aid 50 metres without help or supervision</p>	0 3 8 12 15	0 3 8 12 15
Ambulation/ Wheelchair Only use this item if patient is rated "0" for ambulation	<p>0 Dependent in wheelchair ambulation</p> <p>1 Can propel self-short distances on flat surface, assistance required for all other steps</p> <p>3 Assistance of one person is required to manipulate chair to table, bed, etc</p> <p>4 The patient can propel self for a reasonable duration over regularly encountered terrain. Minimal assistance may still be required in "tight corners" or to negotiate a kerb</p> <p>5 Independent in wheelchair including corners, propelling 50 metres & negotiating a kerb</p>	0 1 3 4 5	0 1 3 4 5
Stairs	<p>0 The patient is unable to climb stairs.</p> <p>2 Assistance is required in all aspects of stair climbing</p> <p>5 Able to ascend/descend but unable to carry walking aids & needs supervision/ assistance</p> <p>8 Generally no assistance is required. At times supervision is required</p> <p>10 Independent on stairs +/- aids and/or equipment</p>	0 2 5 8 10	0 2 5 8 10
TOTAL	Total equals 100	/100	/100
		Date:	Date:
SCORE	PREDICTION		
<40	Unlikely to go home Dependent in mobility and self-care		
40 - 60	Patients move from dependency to assisted independence		
60 - 80	If living alone, will probably need a number of community services to cope		
>85	Likely to be discharged to community living Independent in transfers Able to walk or use wheelchair independently		