

**Modified Barthel ADL index\*** Measure of physical disability used widely to assess behaviour relating to activities of daily living for stroke patients or patients with other disabling conditions. It measures what patients do in practice. Assessment is made by anyone who knows the patient well.

<p><b>Bowels</b>            0 = Incontinent or needs enemas            1 = Occasional accident (1x/wk)            2 = Continent</p>	<p><b>Transfer (bed to chair and back)</b>            0 = Unable, no sitting balance            1 = Major help (1 or 2 people), can sit            2 = Minor help (verbal or physical)            3 = Independent</p>
<p><b>Bladder</b>            0 = Incontinent or needs enemas            1 = Occasional accident (1x/wk)            2 = Continent</p>	<p><b>Mobility</b>            0 = Immobile            1 = Wheelchair independent (including corners)            2 = Walks with the help of 1 person (physical or verbal help)            3 = Independent (may use aid)</p>
<p><b>Grooming</b>            0 = Needs help with personal care            1 = Independent (including face, hair, teeth, shaving)</p>	<p><b>Dressing</b>            0 = Dependent            1 = Needs help – can do ~ ½ unaided            2 = Independent (including buttons, zips, laces, etc.)</p>
<p><b>Toilet Use</b>            0 = Independent            1 = Needs some help            2 = Independent</p>	<p><b>Stairs</b>            0 = Unable            1 = Needs help (verbal or physical)            2 = Independent</p>
<p><b>Feeding</b>            0 = Unable            1 = Needs help, e.g. cutting            2 = Independent</p>	<p><b>Bathing</b>            0 = Dependent            1 = Independent (bath or shower)</p>

**Note**

- <15 – usually represents moderate disability
- <10 – usually represents severe disability

Reference: Oxford Handbook of General Practice 3<sup>rd</sup> Edition