

## Appendix G: Assessing Activities of Daily Living

Reproduced with permission. The Internet Stroke Centre. Stroke Scales and Clinical Assessment Tools. (retrieved Feb 7, 2004). [Online] Available: <http://www.strokecenter.org/trials/scales/barthel.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

1. The index should be used as a record of what a client does, not as a record of what a client 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 client not independent.
4. A client's performance should be established using the best available evidence. Asking the client, 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 client's performance over the preceding 24-48 hours is important, but occasionally longer periods will be relevant.
6. Middle categories imply that the client supplies over 50% of the effort.
7. Use of aids to be independent is allowed.

### Barthel Index

### Score

#### Feeding

- 0 = unable  
5 = needs help cutting, spreading butter, etc., or requires modified diet  
10 = independent

#### Bathing

- 0 = dependent  
5 = independent (or in shower)

#### Grooming

- 0 = needs help with personal care  
5 = independent (face/hair/teeth/shaving, implements provided)

#### Dressing

- 0 = dependent  
5 = needs help but can do about half unaided  
10 = independent (including buttons, zips, laces, etc.)

#### Bowels

- 0 = incontinent (or needs to be given enemas)  
5 = occasional accident  
10 = continent

*Nursing Best Practice Guideline*

Bladder

- 0 = incontinent (or catheterized and unable to manage alone)
- 5 = occasional accident
- 10 = continent

Toilet Use

- 0 = dependent
- 5 = needs some help, but can do some things alone
- 10 = independent (on and off, dressing, wiping)

Transfers (bed to chair, and back)

- 0 = unable, no sitting balance
- 5 = major help (one or two people, physical), can sit
- 10 = minor help (verbal or physical)
- 15 = independent

Mobility (on level surfaces)

- 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 (but may use any aid; for example, stick) > 50 yards

Stairs

- 0 = unable
- 5 = needs help (verbal, physical, carrying aid)
- 10 = independent

**TOTAL (0 – 100):**