

B_A01	Reference Medical Center/Practice	
B_A02	Surname and First Name of the compiler (intelligible, no signature)	
B_A03	Compiler's contact details (phone-fax-email)	
B_A04	Build date (dd/mm/yyyy)	

B000	Patient's code	
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B_01	FEEDING		10 = Completely independent 8 = Sometimes needs help (cutting meat, opening jars) 5 = Capable with supervision 2 = Can use a spoon, needs help 0 = Completely dependent
B_02	BATH/SHOWER		5 = Able to bathe in the tub or shower on their own 4 = Needs supervision for safety 3 = Needs help with transfer or washing/drying 1 = Needs help in all operations 0 = Totally dependent on washing
B_03	PERSONAL HYGIENE		5 = Able to wash face, hands, teeth and comb one's hair 4 = Capable of personal hygiene, but needs help before and/or after 3 = Needs help with one or more operations 1 = Needs help with all operations 0 = Unable to provide personal hygiene. Totally dependent
B_04	CLOTHING		10 = Able to put on, take off and fasten all clothing 8 = Requires minimal help for fine manual operations 5 = Needs help putting on/taking off some clothing 2 = Able to cooperate, but dependent for all tasks 0 = Fully dependent, does not collaborate on tasks
B_05	INTESTINAL CONTINENCE		10 = Full control both day and night 8 = Occasional episodes of incontinence 5 = Frequent episodes of incontinence, need for diapers 2 = Needs help at all stages 0 = Totally incontinent
B_06	URINARY CONTINENCE		10 = Full control both day and night 8 = Generally dry day and night, needs little help 5 = Generally dry only during the day, needs help 2 = Incontinent, but collaborates in the application of the safeguards 0 = Totally incontinent or catheter wearer
B_07	USE OF THE TOILET		10 = Autonomous in the use of the toilet or the devices 8 = Needs supervision for added safety 5 = Needs help with clothes, transfers, and/or cleaning 2 = Needs help with all operations 0 = Totally dependent
B_08	BED-TO-PRAM TRANSFER		15 = Independent at all stages 12 = Needs supervision for added safety 8 = Needs minimal help from a person at certain stages 3 = Collaborate, but still requires help from one person 0 = Totally dependent, two people needed

B_09	DEAMBULATION	15 = Autonomous, walk 50 meters with/without aids 8 = Autonomous for less than 50 meters, requires supervision 5 = Needs help to reach and use aids 2 = Need for a person to be present while walking 0 = Totally dependent, unable to ambulate
B_10	STAIRS	10 = Can climb and/or descend stairs safely 8 = Generally autonomous, sometimes needs supervision 5 = Able to take stairs, but with the use of aids 2 = Needs constant help at all stages 0 = Unable to climb and/or descend stairs
B_11	USE OF THE WHEELCHAIR	0 = Ambulatory patient (NO wheelchair) 5 = Able to move independently in a wheelchair (at least 50 m) 4 = Capable for extended times on the flat, help for tight turns 3 = One person needed to bring pram closer to bed, table, etc. 1 = Moves for short distances on flat ground, needs help with manoeuvres 0 = Fully dependent on wheelchair travel

B000	Patient's code	
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TOTAL SCORE:

0

100-91 = Almost total self-sufficiency
90-75 = Mild dependence
74-50 = Moderate dependence
49-25 = Severe addiction
<25 = Complete dependency