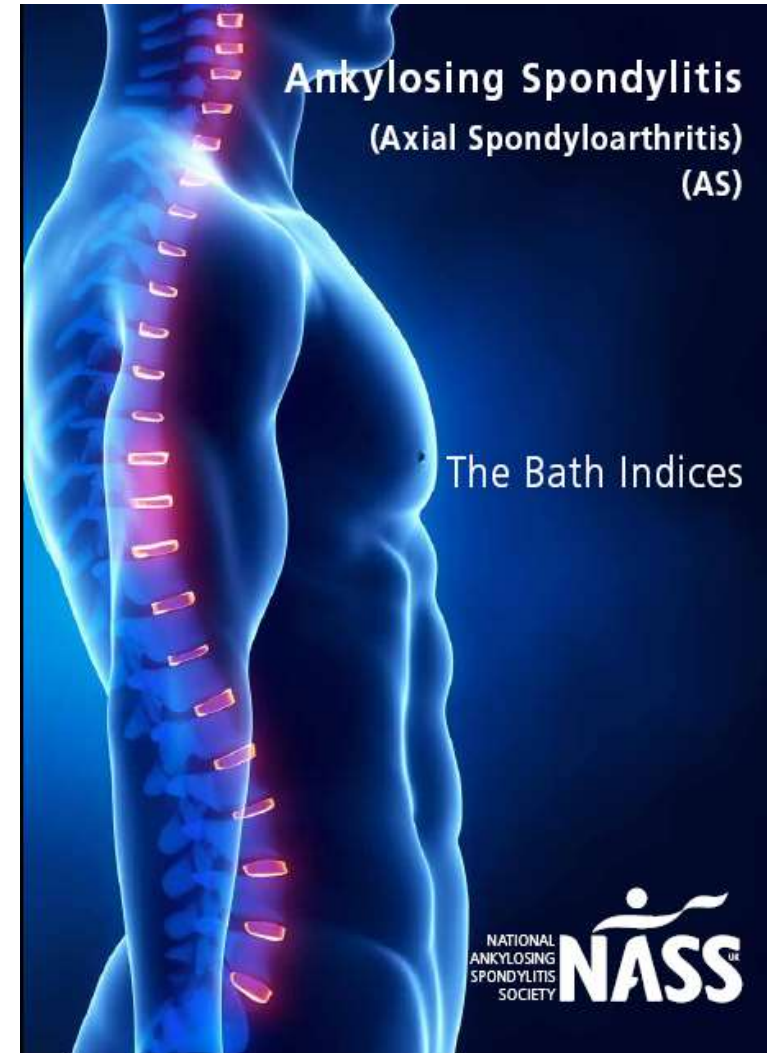


# The Bath Indices Guide 2016



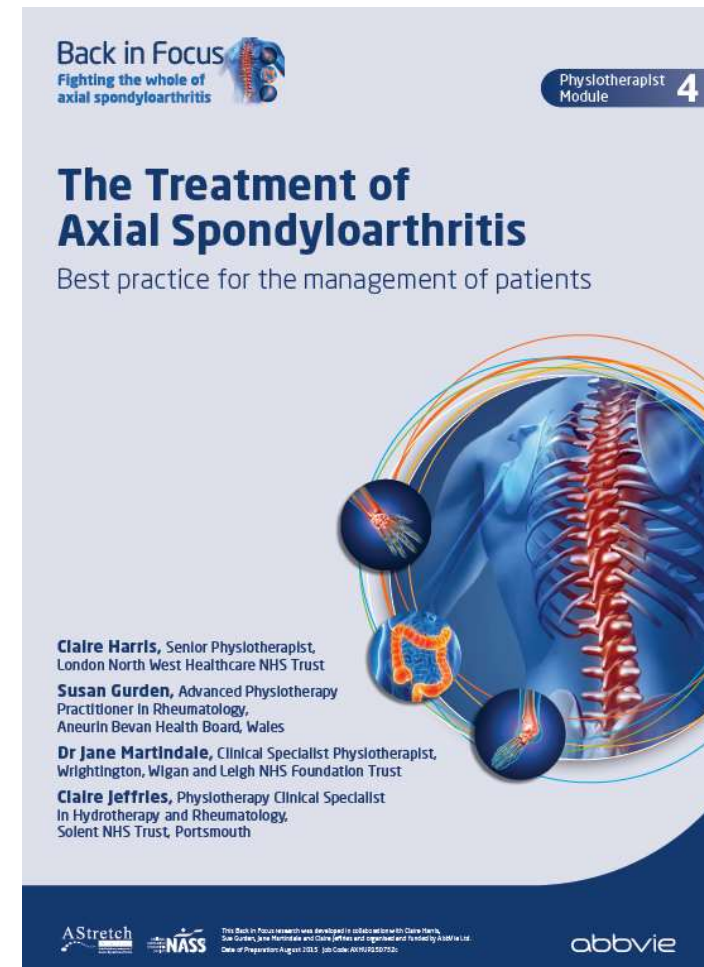
Reviewed, Edited & Published in Feb 2016  
AStretch sub-committee: Karen Irons,  
Heather Harrison, Amanda Thomas & Jane  
Martindale

Acknowledgements to Librarians at  
Wrightington Wigan & Leigh NHS Foundation  
Trust re extensive literature search



# Assumptions!!

- Already familiar & regularly using
- Originally studied for reliability, speed, variability, reproducibility & sensitivity to change
- **Have stood the test of time!**
- Other disease specific measures have since been developed covering QOL & work issues - refer to Module 4 (Shown here)



# International Guidance



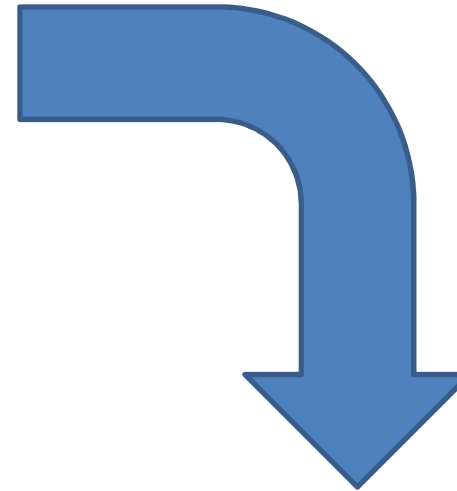
- NICE TA383 Feb 2016 - BASDAI  
Includes non-radiographic axial spondyloarthritis in line with BSR guidelines (2015)
- Assessment Core Set for Physiotherapy - ASAS
- ASDAS - BASDAI & BAS-G
- Various translations assessed for reliability, validity & sensitivity to change - globally recognised



# VAS versus NRS

## The BAS-G Score

		Total / 10
1	What effect has the disease had on your wellbeing over the last week? NONE _____ VERY SEVERE 0 _____ 10	
2	What effect had the disease on your wellbeing over the last six months? NONE _____ VERY SEVERE 0 _____ 10	
	TOTAL OUT OF 20	
	TOTAL / 2 (BAS-G SCORE)	



## BAS-G Score

Scores from the 2 questions are calculated using a ruler and added. This figure is divided by 2 to obtain an average. This is the BAS-G score. The higher the BAS-G score, the more severe the effect of AS on the patient's life.



## The BAS-G Score

Please read the question below and circle the box you feel is most appropriate to describe the effect your disease has had on your well being over the last week. Please only circle one box for each question. There is no wrong answer.

1. Please use the scale below to indicate the effect your disease has had on your well being over the last week. Score out of 10

None  0  1  2  3  4  5  6  7  8  9  10  Very severe

---

2. Please use the scale below to indicate the effect your disease has had on your well being over the last six months.

None  0  1  2  3  4  5  6  7  8  9  10  Very severe

For clinician use only BAS-G Score

Add scores and divide by 2. This is the BAS-G score. The higher the BAS-G score, the more severe the effect of AS on the patient's life.

# BASMI



	Mild 0	Moderate 1	Severe 2
Tragus to Wall (Mean of L & R)	< 15 cm	15 – 30 cm	> 30 cm
Lumbar Side Flexion (Mean of L & R)	> 10 cm	5 – 10 cm	< 5 cm
Lumbar Flexion (modified Schober's)	> 4 cm	2 – 4 cm	< 2 cm
Cervical Rotation (Mean of L & R)	> 70 degrees	20 – 70 degrees	< 20 degrees
Intermalleolar Distance	> 100 cm	70 – 100 cm	< 70 cm

- Identify areas requiring more clinical focus
- Inter & Intra-rater reliability
- Normative values
- Measurement guide revision - Modified Schobers Index
- Boundaries revised



TABLE 2: CALCULATING THE SCORES FOR EACH OF THE BASMI MEASUREMENTS

	0	1	2	3	4	5	6	7	8	9	10
Tragus to Wall (cm)	< 10	10-12.9	13-15.9	16-18.9	19-21.9	22-24.9	25-27.9	28-30.9	31-33.9	34-36.9	≥ 37
Lumbar Side Flexion (cm)	≥ 20	18-19.9	15.9-17.9	13.8-15.8	11.7-13.7	9.6-11.6	7.5-9.5	5.4-7.4	3.3-5.3	1.2-3.2	< 1.2
Lumbar Flexion (modified Schober's) (cm)	> 7.0	6.4-7.0	5.7-6.3	5.0-5.6	4.3-4.9	3.6-4.2	2.9-3.5	2.2-2.8	1.5-2.1	0.8-1.4	≤ 0.7
Cervical Rotation (degrees)	≥ 85	76.6-84.9	68.1-76.5	59.6-68	51.1-59.5	42.6-51	34.1-42.5	25.6-34	17.1-25.5	8.6-17	≤ 8.5
Intermalleolar Distance (cm)	≥ 120	110-119.9	100-109.9	90-99.9	80-89.9	70-79.9	60-69.9	50-59.9	40-49.9	30-39.9	< 30