

Directions for Using the Bedford Alzheimer Nursing Scale–Severity Subscale (BANS-S)

(BANS-S page 1 of 2)

Procedure: BANS-S should be completed by a caregiver who has taken care of the subject for at least one month or by a researcher based on information obtained from the caregiver. The caregiver must be familiar with not only daytime but also nighttime behaviors and activities. If the caregiver is completing the scale, instruct him or her to write the appropriate score for each item based on his or her familiarity with the subject's behaviors and activities. If the caregiver is unsure of how to answer an item, refer him or her to the Item Definitions on the last page of the scale. Completing the scale should not take more than 5 minutes.

Scoring: The researcher should score the scale. Add up all of the respondent's scores to get the total BANS-S score.

Interpretation of BANS-S scores: BANS-S was designed to measure severity of dementia, not presence or absence of cognitive impairment. Therefore, even the lowest score (7) does not indicate that the subject is cognitively intact. Subjects with scores of 17 or higher can be considered to have severe dementia (van der Steen et al., 2006)

Bedford Alzheimer Nursing Scale–Severity (BANS-S)

Patient Identification Number: _____ Patient Unit: _____

Date: _____ Time: _____ Respondent/Rater: _____

		Item score
1. Dressing	1. Usually is independent 2. Requires minimal assistance 3. Requires moderate assistance but is not totally dependent 4. Totally dependent	
2. Sleeping	1. Usually has a regular sleep–wake cycle 2. Sometimes has an irregular sleep–wake cycle 3. Frequently exhibits irregular sleep–wake cycle 4. Severely disrupted sleep–wake cycle	
3. Speech	1. Completely intact ability to speak 2. Somewhat decreased ability to speak 3. Moderately decreased ability to speak 4. Totally mute	
4. Eating	1. Eats independently 2. Requires minimal assistance and/or coaxing 3. Requires moderate assistance and/or coaxing 4. Completely dependent	
5. Mobility	1. Always able to walk independently 2. Sometimes able to walk independently 3. Able to walk only with help 4. Unable to walk even with help	
6. Muscles	1. Very flexible and has full joint motion 2. Somewhat flexible with some joint motion impairment 3. Somewhat rigid 4. Contracted	
7. Eye contact	1. Eye contact is maintained 2. Eye contact is usually maintained 3. Eye contact is rarely maintained 4. Never maintains eye contact	
Total severity score		

Item Definitions:**1. Dressing**

Usually is independent = able to dress independently and appropriately at least 90% of the time

Requires minimal assistance = needs advice on what to wear and the order in which to put on clothing

Requires moderate assistance but is not totally dependent = needs some physical help in putting on articles of clothing but can put on some clothing independently

Totally dependent = unable to put on any article of clothing

2. Sleeping

Usually has a regular sleep-wake cycle = sleeps with no problem 90% of the time

Sometimes has an irregular sleep-wake cycle = wakes up at night and sleeps during the day 50% of the time

Frequently exhibits irregular sleep-wake cycle = wakes up at night and sleeps during the day 75% of the time

Severely disrupted sleep-wake cycle = requires medication to sleep at night; sleeps during the day 90% of the time

3. Speech

Completely intact ability to speak = normal speech

Somewhat decreased ability to speak = word-finding difficulties

Moderately decreased ability to speak = unable to make complete sentence; uses gibberish words

Totally mute = unable to speak any words

4. Eating

Eats independently = no problem eating

Requires minimal assistance and/or coaxing = needs utensils unwrapped; requires reminders about eating 25% of the time

Requires moderate assistance and/or coaxing = needs someone to show him or her how to use utensils; requires reminders about eating 75% of the time

Completely dependent = unable to eat and drink by himself or herself; has to be fed

5. Mobility

Always able to walk independently = normal ambulation all the time

Sometimes able to walk independently = requires help with ambulation 50% of the time

Able to walk only with help = requires help with ambulation at all times

Unable to walk even with help = unable to ambulate even with assistance of two caregivers

6. Muscles

Very flexible and has full joint motion = normal muscle function

Somewhat flexible with some joint motion impairment = motion limited at some joints

Somewhat rigid = resistance during range of motion exercises

Contracted = unable to maintain normal position of extremities or fingers

7. Eye contact

Eye contact is maintained = keeps eye contact during conversation at all times

Eye contact is usually maintained = keeps eye contact during conversation 50% or more of the time

Eye contact is rarely maintained = keeps eye contact during conversation less than 50% of the time

Never maintains eye contact = does not at all look at the person speaking to him or her