

Name:

Date:

DOB:

Proctor:



UNIVERSITY ORTHOPEDIC CARE

Expertise in Orthopedics, Sports Medicine and Spine

Barrow Neurological Institute (BNI) Fatigue Scale*

Please rate the extent to which each of the items below has been a problem for you since your injury. You should chose only ONE number from 0–7 on the scale below when making your response.

0	1	2	3	4	5	6	7
Rarely a problem		Occasional problem but not frequent			A frequent problem		A problem most of the time

- 1. How difficult is it for me to maintain my energy throughout the day? 7
- 2. How difficult is it for me to participate in activities because of fatigue? 7
- 3. How difficult is it for me to stay awake during the day? 7
- 4. How difficult is it for me to complete a task without becoming tired? 7
- 5. How difficult is it for me to stay alert during activities? 7
- 6. How difficult is it for me to build my energy level once I wake up in the morning? 7
- 7. How difficult is it for me to stay out of my bed during the day? 7
- 8. How difficult is it for me to stay alert when I am not involved in something? 7
- 9. How difficult is it for me to attend to something without becoming sleepy? 7
- 10. How difficult is it for me to last the day without taking a nap? 7

TOTAL:

11. Please circle your OVERALL level of fatigue since your injury:

0
 1
 2
 3
 4
 5
 6
 7
 8
 9
 10

No problem

Severe problem

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Borgaro SR, Gierok S, Caples H, Kwasnica C. Fatigue after brain injury: Initial reliability study of the BNI Fatigue Scale. *Brain Injury*. 2004;18:685–690. Reproduced with permission from the authors and Informa Healthcare.