Scored Patient-Generated Subjective Global Assessment (PG-SGA)

History: Boxes 1-4 are designed to be completed by the patient. [Boxes 1-4 are referred to as the PG-SGA Short Form (SF)]

1. **Weight** *(See Worksheet 1)*

   In summary of my current and recent weight:
   - I currently weigh about _______ pounds
   - I am about _______ feet ________ tall
   - One month ago I weighed about _______ pounds
   - Six months ago I weighed about _______ pounds
   - During the past two weeks my weight has:
     - decreased (□)
     - not changed (□)
     - increased (□)

   Box 1 max score = 5 points: up to 4 pts from wt loss + up to 1 point for past 2 wks

   While height is not essential for scoring, the app calculates BMI
   Complete both 1 & 6 months; for scoring, use 1 mo if available. Use 6 mos only if 1 mo is not available

2. **Food Intake:** As compared to my normal intake, I would rate my food intake during the past month as:
   - unchanged (□)
   - more than usual (□)
   - less than usual (□)
   - I am now taking:
     - normal food but less than normal amount (□)
     - little solid food (□)
     - only liquids (□)
     - only nutritional supplements (□)
     - very little of anything (□)
     - only tube feedings or only nutrition by vein (□)

   Box 2 not additive; max = 4; use the highest score checked, no matter how many checked

3. **Symptoms:** I have had the following problems that have kept me from eating enough during the past two weeks (check all that apply):
   - no problems eating (□)
   - no appetite, just did not feel like eating (□)
   - nausea (□)
   - constipation (□)
   - mouth sores (□)
   - things taste funny or have no taste (□)
   - problems swallowing (□)
   - pain; where? (□)
   - other** (□)

   ** Examples: depression, money, or dental problems

   Box 3 Any symptoms that patient reports (checks off) that has kept them from eating enough during the past 2 weeks gets scored. Add all points for Box 3 total score

4. **Activities and Function:**

   Over the past month, I would generally rate my activity as:
   - normal with no limitations (□)
   - not my normal self, but able to be up and about with fairly normal activities (□)
   - not feeling up to most things, but in bed or chair less than half the day (□)
   - able to do little activity and spend most of the day in bed or chair (□)
   - pretty much bedridden, rarely out of bed (□)

   This is the WHO or ECOG performance status in patient terms. Patient rates his/her activity level over the past month regardless of the cause – inadequate intake, metabolic stress (corticosteroids, fever, inflammation, trauma) or significant inactivity. Remember, 1 week of complete bed rest is associated with up to 4% loss in lean tissue/muscle mass

   Box 4

Additive Score of the Boxes 1-4
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Worksheet 1 - Scoring Weight (Wt) Loss
To determine score, use 1 month weight data if available. Use 6 month data only if there is no 1 month weight data. Use points below to score weight change and add one extra point if patient has lost weight during the past 2 weeks. Enter total point

Wt loss in 1 month Points Wt loss in 6 months
10% or greater 4 20% or greater
5-9.9% 3 10-19.9%
3-4.9% 2 6-9.9%
2-2.9% 1 2-5.9%
0-1.9% 0 0-1.9%

Numerical score from Worksheet 1

Worksheet 2 - Disease and its relation to nutritional requirements

5. Additive Score of the Boxes 1-4

All relevant diagnoses (specify) __________
Primary disease stage (circle if known or appropriate) I II III IV Other __________

One point each:
Cancer AIDS Pulmonary/orcardiac cachexia Presence of decubitus, open wound, or fistula Presence of trauma Age greater than 65 years Chronic renal insufficiency

Numerical score from Worksheet 2

Worksheet 3 - Metabolic Demand
Score for metabolic stress is determined by a number of variables known to increase protein & calorie needs. The score is additive so that a patient who has a fever of >102 degrees (3 points) and is on 10 mg of prednisone chronically (2 points) would have an additive score for this section of 5 points.

Stress none (0) low (1) moderate (2) high (3)
Fever no fever >99 and <101 >101 and <102 >102
Fever duration no fever <72 hrs 72 hrs > 72 hrs
Corticosteroids no corticosteroids low dose moderate dose high dose steroid

Numerical score from Worksheet 3

Worksheet 4 - Physical Exam
Physical exam includes a subjective evaluation of 3 aspects of body composition: fat, muscle, & fluid status. Since this is subjective, each aspect of the exam is rated for degree of deficit. Muscle deficit impacts point score more than fat deficit. Definition of categories: 0 = no deficit, 1+ = mild deficit, 2+ = moderate 3+ = severe

Muscle Status:
clavicles (pectoralis & deltoids)
interosseous muscles
thigh (quadriceps)

Global muscle status rating
0 1+ 2+ 3+

Fluid Status:

Orbital fat pads
Triceps skin fold

Global fat deficit rating
0 1+ 2 3+

Clinician Signature __________ Date __________

Worksheet 5 - PG-SGA Global Assessment Categories

Category Weight Nutrient intake Nutrition Impact Symptoms Functioning Physical Exam
Stage A Stage B Stage C

Nutritional Triage Recommendations: Additive score is used to define specific nutritional interventions including patient & family education, symptom management including pharmacologic intervention, and appropriate nutrient intervention (food, nutritional supplements, enteral, or parenteral triage).

First line nutrition intervention includes optimal symptom management.

Triage based on PG-SGA point score
0-1 No intervention required at this time. Re-assessment on routine and regular basis during treatment.
2-3 Patient & family education by dietitian, nurse, or other clinician with pharmacologic intervention as indicated by symptom survey (Box 3) and lab values as appropriate.
4-8 Requires intervention by dietitian, in conjunction with nurse or physician as indicated by symptoms (Box 3).
≥ 9 Indicates a critical need for improved symptom management and/or nutrient intervention options.

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Worksheet 5 May be helpful to circle relevant statement for each PG-SGA category to visually help identify the overall global assessment