

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

Patient ID Information

Pt should complete if possible; not professional or family unless needs help (sight, literacy, etc.)

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 ⁽¹⁾ not changed ⁽⁰⁾ increased ⁽⁰⁾

Box 1

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 ⁽⁰⁾
 more than usual ⁽⁰⁾
 less than usual ⁽¹⁾

I am now taking:

- normal food but less than normal amount ⁽¹⁾
 little solid food ⁽²⁾
 only liquids ⁽³⁾
 only nutritional supplements ⁽³⁾
 very little of anything ⁽⁴⁾
 only tube feedings or only nutrition by vein ⁽⁰⁾

Box 2

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

Score how the patient self-rates his/her intake during the past month; this helps to address recent deficit / current risk

3. Symptoms: I have had the following problems that have kept me from eating enough during the past two weeks (check all that apply):

- | | |
|---|---|
| <input type="checkbox"/> no problems eating ⁽⁰⁾ | |
| <input type="checkbox"/> no appetite, just did not feel like eating | |
| <input type="checkbox"/> nausea ⁽¹⁾ | <input type="checkbox"/> vomiting ⁽³⁾ |
| <input type="checkbox"/> constipation ⁽¹⁾ | <input type="checkbox"/> diarrhea ⁽³⁾ |
| <input type="checkbox"/> mouth sores ⁽²⁾ | <input type="checkbox"/> dry mouth ⁽¹⁾ |
| <input type="checkbox"/> things taste funny or have no taste ⁽¹⁾ | <input type="checkbox"/> smells bother me ⁽¹⁾ |
| <input type="checkbox"/> problems swallowing ⁽²⁾ | <input type="checkbox"/> feel full quickly ⁽¹⁾ |
| <input type="checkbox"/> pain; where? ⁽³⁾ | <input type="checkbox"/> fatigue ⁽¹⁾ |
| <input type="checkbox"/> other** ⁽¹⁾ _____ | |

** 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 ⁽⁰⁾
 not my normal self, but able to be up and about with fairly normal activities ⁽¹⁾
 not feeling up to most things, but in bed or chair less than half the day ⁽²⁾
 able to do little activity and spend most of the day in bed or chair pretty much bedridden, rarely out of bed ⁽³⁾

Box 4

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

A

The remainder of this form is to be completed by your doctor, nurse, dietitian, or therapist. Thank you.

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<p>Worksheet 1 - Scoring Weight (Wt) Loss</p> <p>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</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Wt loss in 1 month</td> <td style="width: 33%;">Points</td> <td style="width: 33%;">Wt loss in 6 months</td> </tr> <tr> <td>10% or greater</td> <td>4</td> <td>20% or greater</td> </tr> <tr> <td>5-9.9%</td> <td>3</td> <td>10 -19.9%</td> </tr> <tr> <td>3-4.9%</td> <td>2</td> <td>6 - 9.9%</td> </tr> <tr> <td>2-2.9%</td> <td>1</td> <td>2 - 5.9%</td> </tr> <tr> <td>0-1.9%</td> <td>0</td> <td>0 - 1.9%</td> </tr> </table> <p style="text-align: center;">Numerical score from Worksheet 1 <input style="width: 30px;" type="text"/></p>	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%	<p style="text-align: right;">Additive Score of the Boxes 1-4 (See Side 1) <input style="width: 30px;" type="text"/> A</p> <p>5. Worksheet 2 - Disease and its relation to nutritional requirements</p> <p>All relevant diagnoses (specify) _____</p> <p>Primary disease stage (circle if known or appropriate) I II III IV Other _____</p> <p>One point each:</p> <p><input type="checkbox"/> Cancer <input type="checkbox"/> AIDS <input type="checkbox"/> Pulmonary or cardiac cachexia <input type="checkbox"/> Presence of decubitus, open wound, or fistula</p> <p><input type="checkbox"/> Presence of trauma <input type="checkbox"/> Age greater than 65 years <input type="checkbox"/> Chronic renal insufficiency</p> <p style="text-align: right;">Numerical score from Worksheet 2 <input style="width: 30px;" type="text"/> B</p>
Wt loss in 1 month	Points	Wt loss in 6 months																	
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6. Work Sheet 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	Numerical score from worksheet 3 <input style="width: 30px;" type="text"/> C
Fever duration	no fever	<72 hrs	72 hrs	> 72 hrs	
Corticosteroids	no corticosteroids	low dose	moderate dose	high dose steroid	See www.pt-global.org for prednisone equivalents chart and metric and additional language version (as available)
		(<10mg prednisone equivalents/day)	(≥10 and <30mg prednisone equivalents/day)	(≥ 30mg prednisone equivalents/day)	

Even short term use of corticosteroids can adversely impact protein status and muscle mass

7. 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:	Fluid Status:	
clavicles (pectoralis & deltoids)	0 1+ 2+ 3+	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>These are examples of areas that can/should be considered in determining loss/deficit (or excess fluid). RELAX... One does NOT have to assess all of these to have a global sense for loss or deficit of muscle or fat. Remember the maximum point score for physical exam is only 3 points and you are not likely to be off by more than 1 point...</p> </div>
interosseous muscles	0 1+ 2+ 3+	
thigh (quadriceps)	0 1+ 2+ 3+	
Global muscle status rating	0 1+ 2+ 3+	
orbital fat pads	0 1+ 2+ 3+	
triceps skin fold	0 1+ 2+ 3+	Numerical score from Worksheet 4 <input style="width: 30px;" type="text"/> D
Global fat deficit rating	0 1+ 2 3+	Total PG-SGA score <input style="width: 30px;" type="text"/>
Clinician Signature _____	RD RN PA MD DO Other _____	(Total numerical score of A+B+C+D above) <i>(See triage recommendations below)</i> Global PG-SGA rating (A, B, or C) = <input style="width: 30px;" type="text"/>
	Date _____	

<p>Worksheet 5 - PG-SGA Global Assessment Categories</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;">Stage A</td> <td style="width: 25%;">Stage B</td> <td style="width: 25%;">Stage C</td> </tr> <tr> <td>Category</td> <td>Well nourished</td> <td>Moderately malnourished</td> <td>Severely malnourished</td> </tr> <tr> <td>Weight</td> <td>No wt loss OR Recent wt gain</td> <td><5% wt loss in 1 month (or 10% in 6 mos) OR Progressive wt loss</td> <td>> 5% wt loss in 1 month (or >10% in 6 mos) OR Progressive wt loss</td> </tr> <tr> <td>Nutrient intake</td> <td>No deficit OR Significant recent improvement</td> <td>Definite decrease in intake</td> <td>Severe deficit in intake</td> </tr> <tr> <td>Nutrition Impact Symptoms</td> <td>None OR Significant recent improvement allowing adequate intake</td> <td>Present of nutrition impact symptoms (PG-SGA Box 3)</td> <td>Present of nutrition impact symptoms (PG-SGA Box 3)</td> </tr> <tr> <td>Functioning</td> <td>No deficit OR Recent improvement</td> <td>Moderate functional deficit OR Recent deterioration</td> <td>Severe functional deficit OR Recent significant deterioration</td> </tr> <tr> <td>Physical Exam</td> <td>No deficit OR Chronic deficient but tissue, recent improvement</td> <td>Evidence of mild to moderate loss of muscle mass / SQ fat / muscle tone on palpation</td> <td>Obvious signs of malnutrition (e.g., severe loss muscle, SQ possible edema)</td> </tr> </table>		Stage A	Stage B	Stage C	Category	Well nourished	Moderately malnourished	Severely malnourished	Weight	No wt loss OR Recent wt gain	<5% wt loss in 1 month (or 10% in 6 mos) OR Progressive wt loss	> 5% wt loss in 1 month (or >10% in 6 mos) OR Progressive wt loss	Nutrient intake	No deficit OR Significant recent improvement	Definite decrease in intake	Severe deficit in intake	Nutrition Impact Symptoms	None OR Significant recent improvement allowing adequate intake	Present of nutrition impact symptoms (PG-SGA Box 3)	Present of nutrition impact symptoms (PG-SGA Box 3)	Functioning	No deficit OR Recent improvement	Moderate functional deficit OR Recent deterioration	Severe functional deficit OR Recent significant deterioration	Physical Exam	No deficit OR Chronic deficient but tissue, recent improvement	Evidence of mild to moderate loss of muscle mass / SQ fat / muscle tone on palpation	Obvious signs of malnutrition (e.g., severe loss muscle, SQ possible edema)	<p>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).</p> <p>First line nutrition intervention includes optimal symptom management.</p> <p>Triage based on PG-SGA point score</p> <p>0-1 No intervention required at this time. Re-assessment on routine and regular basis during treatment.</p> <p>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.</p> <p>4-8 Requires intervention by dietitian, in conjunction with nurse or physician as indicated by symptoms (Box 3).</p> <p>≥ 9 Indicates a critical need for improved symptom management and/or nutrient intervention options.</p>
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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