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

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

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 (0)
   - No appetite, just did not feel like eating (3)
   - Nausea (1)
   - Constipation (1)
   - Mouth sores (2)
   - Things taste funny or have no taste (1)
   - Problems swallowing (2)
   - Pain; where? (3)
   - Other (1)**

   **Examples: depression, money, or dental problems
   Box 3

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 (3)
   - Pretty much bed ridden, rarely out of bed (3)
   Box 4

Additive Score of Boxes 1-4

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

©FD Ottery 2005, 2006, 2015 v3.22.15
email: faithotterymdphd@aol.com or info@pt-global.org
### Scoring Worksheet 1 – Scoring Weight 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 score in Box 1 of PG-SGA.

<table>
<thead>
<tr>
<th>Weight Lost in 1 Month</th>
<th>Weight Lost in 6 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% or greater</td>
<td>0% or greater</td>
</tr>
<tr>
<td>5-9.9%</td>
<td>10-19.9%</td>
</tr>
<tr>
<td>3.4-9.9%</td>
<td>6-9.9%</td>
</tr>
<tr>
<td>2-2.9%</td>
<td>2-5.9%</td>
</tr>
<tr>
<td>0-1.9%</td>
<td>0-1.9%</td>
</tr>
</tbody>
</table>

**Numerical score from Worksheet 1**

### Additive Score of Boxes 1-4

#### Disease and its relation to nutritional requirements:

- **Score is derived by adding 1 point for each of the following conditions:**
  - Presence of corticosteroids
  - Presence of trauma
  - Presence of decubitus, open wound or fistula
  - Age greater than 65
  - Chronic renal insufficiency
  - Pulmonary or cardiac cachexia
  - Recent non-fluid weight gain
  - Recent deterioration
  - Significant recent non-fluid weight loss
  - Significant recent fluid loss

#### Numerical score from Worksheet 2

### Worksheet 3 – Metabolic Demand

Score for metabolic stress is determined by a number of variables known to increase protein & caloric needs. **Note:** Score fever intensity or duration, whichever is greater. The score is additive so that a score of 3 is not additive but are used to clinically assess the degree of deficit (or presence of excess fluid).

<table>
<thead>
<tr>
<th>Stress</th>
<th>none (0)</th>
<th>low (1)</th>
<th>moderate (2)</th>
<th>high (3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>no fever</td>
<td>&gt;99 and &lt;101</td>
<td>≥101 and &lt;102</td>
<td>≥102°F</td>
</tr>
<tr>
<td>Fever duration</td>
<td>no fever</td>
<td>&lt;72 hours</td>
<td>72 hours</td>
<td>&gt;72 hours</td>
</tr>
<tr>
<td>Corticosteroids</td>
<td>no corticosteroids</td>
<td>low dose</td>
<td>moderate dose</td>
<td>high dose</td>
</tr>
</tbody>
</table>

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

### Worksheet 4 – Physical Exam

Exam includes a subjective evaluation of 3 aspects of body composition: muscle, fat, and function. Since this is subjective, each aspect of the exam rate is rated for degree. Muscle deficit/loss impacts point score more than fat deficit/loss.

#### Muscle Status

- **Scores**
  - Ventral hernia
  - Fat pads
  - Matting of biceps
  - Swelling of lower ribs
  - Global fat deficit rating

#### Fat Status

- **Scores**
  - Abdominal fat
  - Abdominal fluid

- **Point score for the physical exam is determined by the overall subjective rating of the total body deficit.**

### Numerical score from Worksheet 3

### Worksheet 5 – PG-SGA Global Assessment Categories

#### 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.**

#### Nutritional Triage Recommendations:

<table>
<thead>
<tr>
<th>Stage</th>
<th>Category</th>
<th>Weight</th>
<th>Nutrient Intake</th>
<th>Functioning</th>
<th>Physical Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Well-nourished</td>
<td>No weight loss</td>
<td>OR recent non-fluid wt gain</td>
<td>No deficit OR chronic deficit but with recent clinical improvement</td>
<td>Of muscle mass &amp;/or muscle tone on palpation &amp;/or loss of SQ fat</td>
</tr>
<tr>
<td>B</td>
<td>Moderate/suspected malnutrition</td>
<td>Moderate weight loss</td>
<td>OR Progressive weight loss</td>
<td>OR significant recent improvement</td>
<td>(e.g., severe loss muscle, fat, possible edema)</td>
</tr>
<tr>
<td>C</td>
<td>Severely malnourished</td>
<td>Severe weight loss</td>
<td>OR Progressive weight loss</td>
<td>OR significant recent improvement</td>
<td>(e.g., severe loss muscle, fat, possible edema)</td>
</tr>
</tbody>
</table>

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