



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)]

Patient Identification Information

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

1. Weight (See Worksheet 1)

In summary of my current and recent weight:

While height is not essential for scoring, the app calculates BMI

I currently weigh about _____ pounds
I am about _____ feet _____ inches tall

Complete both 1 & 6 months; for scoring, use 1 mo if available. Use 6 months only if 1 month is not available

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

Box 1

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)

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

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 options checked; not additive

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)**
- vomiting (3)
- diarrhea (3)
- dry mouth (1)
- smells bother me (1)
- feel full quickly (1)
- fatigue (1)

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

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)

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

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

Additive Score of Boxes 1-4 **A**

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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.

Weight loss in 1 month	Points	Weight 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

Additive Score of Boxes 1-4 (See Side 1) A

5. Worksheet 2 – Disease and its relation to nutritional requirements:

Score is derived by adding 1 point for each of the following conditions:

- Cancer
 - AIDS
 - Pulmonary or cardiac cachexia
 - Chronic renal insufficiency
 - Presence of decubitus, open wound or fistula
 - Presence of trauma
 - Age greater than 65
- Other relevant diagnoses (specify) _____

Primary disease staging (circle if known or appropriate) I II III IV Other _____

Numerical score from Worksheet 2 B

6. 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 for patient who has a fever of 38.8 °C (3 points) for < 72 hrs (1 point) and who is on 10 mg of prednisone chronically (2 points) would be 6.

Fever: Score fever intensity or duration, whichever is greater. (99°F= 37.2°C 101°=38.3° and 102° = 38.9°)

Stress	none (0)	low (1)	moderate (2)	high (3)
Fever	no fever	> 99 and < 101	≥ 101 and < 102	≥ 102 °F
Fever duration	no fever	< 72 hours	72 hours	> 72 hours
Corticosteroids	no corticosteroids	low dose (< 10 mg prednisone equivalents/day)	moderate dose (≥ 10 and < 30 mg prednisone equivalents/day)	high dose (≥ 30 mg prednisone equivalents/day)

See www.pt-global.org for prednisone equivalents chart and metric and additional language version (as available)

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

Numerical score from Worksheet 3 C

7. Worksheet 4 – Physical Exam

Exam includes a subjective evaluation of 3 aspects of body composition. Since this is subjective, each aspect of the exam is rated for degree. Muscle deficit/loss impacts point score more than fat deficit/loss. Definition of categories: 0 = no abnormality, 1+ = mild, 2+ = moderate, 3+ = severe. These categories is *not* additive but are used to clinically assess the degree of deficit (or presence of excess fluid).

Muscle Status	0	1+	2+	3+
temples (temporalis muscle)	0	1+	2+	3+
clavicles (pectoralis & deltoids)	0	1+	2+	3+
shoulders (deltoids)	0	1+	2+	3+
interosseous muscles	0	1+	2+	3+
scapula (latissimus dorsi, trapezius, deltoids)	0	1+	2+	3+
thigh (quadriceps)	0	1+	2+	3+
calf (gastrocnemius)	0	1+	2+	3+
Global muscle status rating	0	1+	2+	3+

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...

Point score for the physical exam is determined by the overall subjective rating of the total body deficit. No deficit score = 0 points
Mild deficit score = 1 point
Moderate deficit score = 2 points
Severe deficit score = 3 points

Again, muscle deficit/loss takes precedence over fat loss or fluid excess.

Numerical Score for Worksheet 4 D

Total PG-SGA Score (Total numerical score of A+B+C+D)

Global PG-SGA Category Rating (Stage A, Stage B or Stage C)

Worksheet 5 – PG-SGA Global Assessment Categories

Category	Stage A	Stage B	Stage C
Weight	Well-nourished No weight loss OR recent non-fluid wt gain	Moderate/suspected malnutrition ≤ 5% loss in 1 month (≤10% in 6 months) OR Progressive weight loss	Severely malnourished > 5% loss in 1 month (>10% in 6 months) OR Progressive weight loss
Nutrient intake	No deficit OR Significant recent improvement	Definite decrease in intake	Severe deficit in intake
Nutrition Impact	None	Presence of NIS (Box 3 of PG-SGA)	Presence of NIS (Box 3 of PG-SGA)
Symptoms (NIS) OR	significant recent improvement allowing adequate intake	Worksheet 5 May be helpful to circle relevant statement for each PG-SGA category to visually help identify the overall global assessment	
Functioning	No deficit OR Significant recent improvement		
Physical Exam	No deficit OR chronic deficit but with recent clinical improvement	Evidence of mild to moderate loss of muscle mass &/or muscle tone on palpation &/or loss of SQ fat	Obvious signs of malnutrition (e.g., severe loss muscle, fat, possible edema)

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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