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 _____ kg
   I am about _____ cm tall

   One month ago I weighed about _____ kg
   Six months ago I weighed about _____ kg

   During the past two weeks my weight has:
   - decreased (1)
   - not changed (0)
   - increased (0)

   **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)

   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)
   - vomiting (3)
   - nausea (1)
   - diarrhea (3)
   - constipation (1)
   - dry mouth (1)
   - mouth sores (2)
   - smells bother me (1)
   - things taste funny or have no taste (1)
   - feel full quickly (1)
   - problems swallowing (2)
   - fatigue (1)
   - 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**

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

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 loss in 1 month</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% or greater</td>
<td>4</td>
</tr>
<tr>
<td>5-9.9%</td>
<td>3</td>
</tr>
<tr>
<td>3-4.9%</td>
<td>2</td>
</tr>
<tr>
<td>2-2.9%</td>
<td>1</td>
</tr>
<tr>
<td>0-1.9%</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Weight loss in 6 months</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>20% or greater</td>
<td>10-19.9%</td>
</tr>
<tr>
<td>6-9.9%</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

Worksheet 2 – Disease and its relation to nutritional requirements:
Score is derived by adding 1 point for each of the following conditions:
- Cancer
- Presence of decubitus, open wound or fistula
- AIDS
- Presence of trauma
- Pulmonary or cardiac cachexia
- Age greater than 65
- Chronic renal insufficiency
- Other relevant diagnoses (specify)

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

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 patient who has a fever of 38.8 °C (3 points) for < 72 hrs (1 point) who 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 duration: no fever, < 72 hours, 72 hours
- Corticosteroids: no corticosteroids, low dose, moderate dose, high dose

Numerical score from Worksheet 3

Worksheet 4 – Physical Exam
Exam includes a subjective evaluation of 3 aspects of body composition: fat, muscle, & fluid. Since this is subjective, each aspect of the exam is rated for degree. Muscle deficit/loss impacts point score more than fat deficit/loss.

- Muscle Status
  - temples (temporalis muscle): 0, 1+, 2+, 3+
  - orbital fat pads: 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+

- Fat Stores
  - orbitl fat pads: 0, 1+, 2+, 3+
  - triceps skin fold: 0, 1+, 2+, 3+
  - fat overlying lower ribs: 0, 1+, 2+, 3+

- Fluid Status
  - ankle edema: 0, 1+, 2+, 3+
  - sacral edema: 0, 1+, 2+, 3+
  - ascites: 0, 1+, 2+, 3+

Global muscle status rating 0 1+ 2+ 3+
Global fat status rating 0 1+ 2+ 3+
Global fluid status rating 0 1+ 2+ 3+

Numerical score from Worksheet 4

Worksheet 5 – PG-SGA Global Assessment Categories

- Category: Stage A, Stage B, Stage C
- Weight: No weight loss, ≤ 5% loss in 1 month (≤10% in 6 months), > 5% loss in 1 month (>10% in 6 months)
- Nutrient intake: No deficit, OR recent non-fluid weight gain, OR progressive weight loss
- 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.

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

Client Signature ________________________________________ RD RN PA MD DO Other _________ Date ________________