Feasibility of PG-SGA in long-stay nursing home residents

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Aim
In this cross-sectional study, we assessed the feasibility of completing the Patient-Generated Subjective Global Assessment (PG-SGA) in long-stay nursing home residents.

Background
The Patient-Generated Subjective Global Assessment is an instrument to assess malnutrition and its risk factors.1,2 The first four Boxes, also known as PG-SGA Short Form (SF), are designed to be completed by the patient, and the Worksheets by the professional.

Results
Data were complete in 110/175 subjects.
Data on weight were not available in 65/175 subjects.
2/175 subjects (university education level) were able to complete the patient component of the PG-SGA independently.
173/175 subjects needed help: 3 with interpreting, 13 with reading/writing, and 88 with reading/interpreting/writing, and 69 were done solely by the nurse/researchers.
13/65 subjects without available weight data met the threshold of ≥9 points, indicating that the lack of data did not impact triaging.
The researchers successfully completed the professional component of the PG-SGA in all 175 subjects.

Conclusion
The PG-SGA can be effectively applied in long-stay nursing home residents. For those with cognitive/educational issues unable to complete the patient component themselves or independently, the information can be completed by the carer/healthcare professional. Lack of weight data in this setting may underestimate total PG-SGA scores.

Methods
- 175 elderly (aged 82.8±9.43 years; 74.3% female; 93.1% ≤4th grade education level; 91.1% moderate/severe cognitive impairment)
- 5 Portuguese nursing homes (long-stay)
Subjects were asked to complete the patient-component of the Portuguese PG-SGA (15-003 v07.17.15, based on the original English PG-SGA ©FD Ottery, 2005, 2006, 2015) (Figure 1)
- If not feasible, required information was given by a caregiver(s)/family member(s)/researcher
- Help needed was recorded
- Two researchers completed the professional component of the PG-SGA

References
2. www.pt-global.org

Figure 1. Portuguese PG-SGA

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