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)
   - 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**

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The remainder of this form is to be completed by your doctor, nurse, dietitian, or therapist. Thank you.
### Scoring 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>
<th>Weight loss in 6 months</th>
</tr>
</thead>
<tbody>
<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>
</tbody>
</table>

**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).

### 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**
- **Presence of decubitus, open wound or fistula**
- **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) 1 II III IV Other

### 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 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) and who is on 10 mg of prednisone chronically (2 points) would have an additive score for this section of 5 points.

<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; 37.2 and &lt; 38.3</td>
<td>≥ 38.3 and &lt; 38.8</td>
<td>≥ 38.8 °C</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>
<tr>
<td>(&lt; 10 mg prednisone equivalents/day)</td>
<td>(≥ 10 and &lt; 30 mg prednisone equivalents/day)</td>
<td>(≥ 30 mg prednisone equivalents/day)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Global muscle status rating**
- 0
- 1+ (2+)
- 2+ (3+)
- 3+

**Global fat deficit rating**
- 0
- 1+ (2+)
- 2+ (3+)
- 3+

**Fluid status**
- ankle edema
- sacral edema
- ascites

**Global fluid status rating**
- 0
- 1+ (2+)
- 2+ (3+)

### 7. 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)
- clavicles (pectoralis & deltoids)
- shoulders (deltoids)
- intercosteous muscles
- scalpula (latissimus dorsi, trapezius, deltoids)
- thigh (quadriceps)
- calf (gastrocnemius)

**Global muscle status rating**
- 0
- 1+ (2+)
- 2+ (3+)

**Fat Stores**
- orbital fat pads
- triceps skin fold
- fat overlying lower ribs
- Global fat deficit rating

**Fluid status**
- ankle edema
- sacral edema
- ascites

**Global fluid status rating**
- 0
- 1+ (2+)
- 2+ (3+)

### Nutritional Triage Recommendations:
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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**Additive Score of Boxes 1-4 (See Side 1)**

**Numerical score from Worksheet 1**

**Numerical score from Worksheet 2**

**Numerical score from Worksheet 3**

**Numerical Score for Worksheet 4**

**Total PG-SGA Score**

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