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

History (Boxes 1-4 are designed to be completed by the patient.)

1. Weight *(See Worksheet 1)*

In summary of my current and recent weight:

I currently weigh about _____ pounds
I am about _____ feet _____ 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 [____]

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 nutritonal 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 $_{(1)}$ ☐ vomiting $_{(3)}$
☐ constipation $_{(1)}$ ☐ diarrhea $_{(3)}$
☐ mouth sores $_{(2)}$ ☐ dry mouth $_{(1)}$
☐ things taste funny or have no taste $_{(1)}$ ☐ smells bother me $_{(1)}$
☐ problems swallowing $_{(2)}$ ☐ feel full quickly $_{(1)}$
☐ 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 bedridden, rarely out of bed $_{(3)}$

Box 4 [____]

Additive Score of the Boxes 1-4 [____] A

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

5. Disease and its relation to nutritional requirements *(See Worksheet 2)*

All relevant diagnoses (specify) _____

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

Age _____

Numerical score from Worksheet 2 [____] B

6. Metabolic Demand *(See Worksheet 3)*

Numerical score from Worksheet 3 [____] C

7. Physical *(See Worksheet 4)*

Numerical score from Worksheet 4 [____] D

Global Assessment *(See Worksheet 5)*

☐ Well-nourished or anabolic (SGA-A)
☐ Moderate or suspected malnutrition (SGA-B)
☐ Severely malnourished (SGA-C)

Total PG-SGA score

(Total numerical score of A+B+C+D above) [____]
(See triage recommendations below)

Clinician Signature _____ RD RN PA MD DO Other ___   Date _____

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.

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 laboratory values as appropriate.
4-8   Requires intervention by dietitian, in conjunction with nurse or physician as indicated by symptoms survey (Box 3).
≥ 9   Indicates a critical need for improved symptom management and/or nutrient intervention options.

Worksheets for PG-SGA Scoring

Boxes 1-4 of the PG-SGA are designed to be completed by the patient. The PG-SGA numerical score is determined using 1) the parenthetical points noted in boxes 1-4 and 2) the worksheets below for items not marked with parenthetical points. Scores for boxes 1 and 3 are additive within each box and scores for boxes 2 and 4 are based on the highest scored item checked off by the patient.

Worksheet 1 - Scoring Weight (Wt) 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 the PG-SGA.

Wt loss in 1 month	Points	Wt 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%

Score for Worksheet 1 [ ]
Record in Box 1

Worksheet 2 - Scoring Criteria for Condition

Score is derived by adding 1 point for each of the conditions listed below that pertain to the patient.

Category	Points
Cancer	1
AIDS	1
Pulmonary or cardiac cachexia	1
Presence of decubitus, open wound, or fistula	1
Presence of trauma	1
Age greater than 65 years	1

Score for Worksheet 2 = [ ]
Record in Box B

Worksheet 3 - Scoring Metabolic Stress

Score for metabolic stress is determined by a number of variables known to increase protein & calorie needs. The score is additive so that a patient who has a fever of > 102 degrees (3 points) and 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	no fever	>99 and <101	≥101 and <102	≥102
Fever duration	no fever	<72 hrs	72 hrs	> 72 hrs
Steroids	no steroids	low dose (<10mg prednisone equivalents/day)	moderate dose (≥10 and <30mg prednisone equivalents/day)	high dose steroids (≥30mg prednisone equivalents/day)

Score for Worksheet 3 = [ ]
Record in Box C

Worksheet 4 - Physical Examination

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

Fat Stores:

orbital fat pads	0	1+	2+	3+
triceps skin fold	0	1+	2+	3+
fat overlying lower ribs	0	1+	2+	3+
Global fat deficit rating	0	1+	2+	3+

Muscle Status:

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+

Fluid Status:

ankle edema	0	1+	2+	3+
sacral edema	0	1+	2+	3+
ascites	0	1+	2+	3+
Global fluid status rating	0	1+	2+	3+

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

No deficit	score = 0 points
Mild deficit	score = 1 point
Moderate deficit	score = 2 points
Severe deficit	score = 3 points

Score for Worksheet 4 = [ ]
Record in Box D

Worksheet 5 - PG-SGA Global Assessment Categories

	Stage A	Stage B	Stage C
Category	Well-nourished	Moderately malnourished or suspected malnutrition	Severely malnourished
Weight	No wt loss OR Recent non-fluid wt gain	~5% wt loss within 1 month (or 10% in 6 months) OR No wt stabilization or wt gain (i.e., continued wt loss)	> 5% wt loss in 1 month (or >10% in 6 months) OR No wt stabilization or wt gain (i.e., continued wt loss)
Nutrient Intake	No deficit OR Significant recent improvement	Definite decrease in intake	Severe deficit in intake
Nutrition Impact Symptoms	None OR Significant recent improvement allowing adequate intake	Presence of nutrition impact symptoms (Box 3 of PG-SGA)	Presence of nutrition impact symptoms (Box 3 of PG-SGA)
Functioning	No deficit OR Significant recent improvement	Moderate functional deficit OR Recent deterioration	Severe functional deficit OR recent significant deterioration
Physical Exam	No deficit OR Chronic deficit but with recent clinical improvement	Evidence of mild to moderate loss of SQ fat &/or muscle mass &/or muscle tone on palpation	Obvious signs of malnutrition (e.g., severe loss of SQ tissues, possible edema)

Global PG-SGA rating (A, B, or C) = [ ]