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 _______ 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 (a)  ☐ not changed (a)  ☐ increased (a)

2. Food Intake: As compared to my normal intake, I would rate my food intake during the past month as:

☐ unchanged (a)
☐ more than usual (a)
☐ less than usual (a)

I am now taking:

☐ normal food but less than normal amount (a)
☐ little solid food (a)
☐ only liquids (a)
☐ only nutritional supplements (a)
☐ very little of anything (a)
☐ only tube feedings or only nutrition by vein (a)

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 (a)
☐ no appetite, just did not feel like eating (a)
☐ nausea (a)
☐ constipation (a)
☐ mouth sores (a)
☐ things taste funny or have no taste (a)
☐ problems swallowing (a)
☐ feel full quickly (a)
☐ pain; where? (a)__________
☐ other** (a)

** Examples: depression, money, or dental problems

4. Activities and Function: Over the past month, I would generally rate my activity as:

☐ normal with no limitations (a)
☐ not my normal self, but able to be up and about with fairly normal activities (a)
☐ not feeling up to most things, but in bed or chair less than half the day (a)
☐ able to do little activity and spend most of the day in bed or chair (a)
☐ pretty much bedridden, rarely out of bed (a)

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

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

All relevant diagnoses (specify) ____________________________

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

Age _________

6. Metabolic Demand (See Worksheet 3)

7. Physical (See Worksheet 4)

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 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.

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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 points noted in boxes 1-4 and 2) the worksheets below for items not marked with points. Scores for boxes 1 and 3 are additive within each box and scores for boxes 2 and 4 are based on the highest score 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 weights 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.

<table>
<thead>
<tr>
<th>Wt loss in 1 month</th>
<th>Points</th>
<th>Wt 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 - 5.1%</td>
</tr>
<tr>
<td>0-1.9%</td>
<td>0</td>
<td>0 - 1.9%</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>1</td>
</tr>
<tr>
<td>AIDS</td>
<td>1</td>
</tr>
<tr>
<td>Pulmonary or cardiac cachexia</td>
<td>1</td>
</tr>
<tr>
<td>Presence of decubitus, open wound, or fistula</td>
<td>1</td>
</tr>
<tr>
<td>Presence of trauma</td>
<td>1</td>
</tr>
<tr>
<td>Age greater than 65 years</td>
<td>1</td>
</tr>
</tbody>
</table>

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 score of >102 degrees (3 points) and an 19 g 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;99 and &lt;101</td>
<td>101 and &lt;102</td>
<td>102</td>
</tr>
<tr>
<td>Fever duration</td>
<td>no fever</td>
<td>&lt;72 hrs</td>
<td>72 hrs</td>
<td>&gt;72 hrs</td>
</tr>
<tr>
<td>Steroids</td>
<td>no steroids</td>
<td>low dose</td>
<td>moderate dose</td>
<td>high dose steroids</td>
</tr>
<tr>
<td></td>
<td>(=10mg prednisone equivalents/day)</td>
<td>(=10 and &lt;30mg prednisone equivalents/day)</td>
<td>(=30mg prednisone equivalents/day)</td>
<td></td>
</tr>
</tbody>
</table>

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 points 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 Scores:**
  - abdominal fat pads 0 1+ 2+ 3+
  - axilla 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+
  - upper arm (pectoralis & deltoids) 0 1+ 2+ 3+
  - shoulders (deltoids) 0 1+ 2+ 3+
  - intercostal muscles 0 1+ 2+ 3+
  - scapula (supraspinatus, infraspinatus, 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+
  - axillary lymph nodes 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**

<table>
<thead>
<tr>
<th>Category</th>
<th>Stage A</th>
<th>Stage B</th>
<th>Stage C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>Well-nourished or suspected malnourishment</td>
<td>Moderately malnourished</td>
<td>Severely malnourished</td>
</tr>
<tr>
<td>Nutrient Intake</td>
<td>No deficit OR Significant recent improvement</td>
<td>Define decrease in intake</td>
<td>Severe deficit in intake</td>
</tr>
<tr>
<td>Nutrition Impact Symptoms</td>
<td>None OR Significant recent improvement allowing adequate intake</td>
<td>Presence of nutrition impact symptoms (Box 3 of PG-SGA)</td>
<td>Presence of nutrition impact symptoms (Box 3 of PG-SGA)</td>
</tr>
<tr>
<td>Functioning</td>
<td>No deficit OR Significant recent improvement</td>
<td>Moderate functional deficit OR Recent deterioration</td>
<td>Severe functional deficit OR recent significant deterioration</td>
</tr>
<tr>
<td>Physical Exam</td>
<td>No deficit OR Chronic deficit but with recent clinical improvement</td>
<td>Evidence of mild to moderate loss of SgQ fat &amp;/or muscle mass &amp;/or muscle tone on palpation</td>
<td>Obvious signs of malnutrition (e.g., severe loss of SgQ tissues, possible edema)</td>
</tr>
</tbody>
</table>

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