

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

Patient ID Information

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 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):

- | | |
|--|---|
| <input type="checkbox"/> no problems eating ⁽⁰⁾ | |
| <input type="checkbox"/> no appetite, just did not feel like eating ⁽³⁾ | |
| <input type="checkbox"/> nausea ⁽¹⁾ | <input type="checkbox"/> vomiting ⁽³⁾ |
| <input type="checkbox"/> constipation ⁽¹⁾ | <input type="checkbox"/> diarrhea ⁽³⁾ |
| <input type="checkbox"/> mouth sores ⁽²⁾ | <input type="checkbox"/> dry mouth ⁽¹⁾ |
| <input type="checkbox"/> things taste funny or have no taste ⁽¹⁾ | <input type="checkbox"/> smells bother me ⁽¹⁾ |
| <input type="checkbox"/> problems swallowing ⁽²⁾ | <input type="checkbox"/> feel full quickly ⁽¹⁾ |
| <input type="checkbox"/> pain; where? ⁽³⁾ _____ | <input type="checkbox"/> fatigue ⁽¹⁾ |
| <input type="checkbox"/> 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, dietitian, or therapist. Thank you.

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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

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%

Numerical score from Worksheet 1

Additive Score of the Boxes 1-4 (See Side 1) A

5. Worksheet 2 - Disease and its relation to nutritional requirements

All relevant diagnoses (specify) _____

One point each:

- Cancer
 AIDS
 Pulmonary or cardiac cachexia
 Presence of decubitus, open wound, or fistula
 Presence of trauma
 Age greater than 65 years
 Chronic renal insufficiency

Numerical score from Worksheet 2 B

6. Work Sheet 3 - Metabolic Demand

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
Corticosteroids	no corticosteroids	low dose (<10mg prednisone equivalents/day)	moderate dose (≥10 and <30mg prednisone equivalents/day)	high dose steroid (≥30mg prednisone equivalents/day)

Numerical score from Worksheet 3 C

7. Worksheet 4 - Physical Exam

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 3+ = severe

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+

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+

Numerical score from Worksheet 4 D

Total PG-SGA score

(Total numerical score of A+B+C+D above)

(See triage recommendations below)

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

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

Worksheet 5 - PG-SGA Global Assessment Categories

Category	Stage A	Stage B	Stage C
Weight	Well nourished No wt loss OR Recent wt gain	Moderately malnourished ≤ 5% wt loss in 1 month (or 10% in 6 mos) OR Progressive wt loss	Severely malnourished > 5% wt loss in 1 month (or >10% in 6 mos) OR Progressive 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	Present of nutrition impact symptoms (PG-SGA Box 3)	Present of nutrition impact symptoms (PG-SGA Box 3)
Functioning	No deficit OR Recent improvement	Moderate functional deficit OR Recent deterioration	Severe functional deficit OR recent significant deterioration
Physical Exam	No deficit OR Chronic deficit but recent improvement	Evidence of mild to moderate loss of muscle mass / SQ fat / muscle tone on palpation	Obvious signs of malnutrition (eg, severe loss muscle, SQ tissue, possible edema)

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.

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.