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

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):
☐ 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 bedridden, rarely out of bed (3)

Box 4

Additive Score of the Boxes 1-4  

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

**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

<table>
<thead>
<tr>
<th>Wt loss in 1 month</th>
<th>Wt loss in 6 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points</td>
<td>Points</td>
</tr>
<tr>
<td>10% or greater</td>
<td>20% or greater</td>
</tr>
<tr>
<td>5-9.9%</td>
<td>10-19.9%</td>
</tr>
<tr>
<td>3-4.9%</td>
<td>6 - 9.9%</td>
</tr>
<tr>
<td>2-2.9%</td>
<td>2 - 5.9%</td>
</tr>
<tr>
<td>0-1.9%</td>
<td>0 - 1.9%</td>
</tr>
</tbody>
</table>

Numerical score from Worksheet 1

**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

**Worksheet 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**

<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 low dose</td>
<td>72 hrs moderate dose</td>
<td>&gt;72 hrs high dose steroid</td>
</tr>
<tr>
<td>Corticosteroids</td>
<td>no corticosteroids</td>
<td>&lt;10mg prednisone equivalents/day</td>
<td>≥10mg prednisone equivalents/day</td>
<td>(≥30mg prednisone equivalents/day)</td>
</tr>
</tbody>
</table>

Numerical score from Worksheet 3

**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:**
- Temple (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, trapozenus, 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+

**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+

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+

Numerical score from Worksheet 4

**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) =

**Worksheet 5 - PG-SGA Global Assessment Categories**

**Category**
- Weight
  - Well nourished
  - No wt loss
  - OR Recent wt gain
- Nutrient intake
  - No deficit
  - OR Significant recent improvement
- Nutrition Impact
  - None
  - OR Significant recent improvement allowing adequate intake
- Functioning
  - No deficit
  - OR Recent improvement
- Physical Exam
  - No deficit
  - OR Chronic deficit but recent improvement

**Stage A**
- Moderately malnourished
- 2-5% wt loss in 1 month
- 5% wt loss in 1 month
- OR Progressive wt loss

**Stage B**
- Severe deficit in intake
- Definite decrease in intake
- OR Recent deterioration
- Evidence of mild to moderate loss of muscle mass / SQ fat / muscle tone on palpation
- Severe functional deficit
- OR recent significant deterioration
- Obvious signs of malnutrition
- (eg, severe loss muscle, SQ tissue, possible edema)

**Stage C**
- Severe malnourished
- ≥5% wt loss in 1 month
- (or >10% in 6 mos)
- OR Progressive wt loss
- Presence of nutrition impact symptoms (PG-SGA Box 3)
- Global PG-SGA score

**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.

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