

PG-SGA short form

Patient Name: _____

1. Weight

I currently weigh about _____kg
I am about _____cm

Subacute changes in weight:

One month ago I weighed about _____kg
Six months ago I weighed about _____kg

Acute weight changes:

During the past two weeks my weight has:
 decreased ⁽¹⁾ not changed ⁽⁰⁾ increased ⁽⁰⁾

Box 1:

Determined by subacute and acute wt change.

If information is available about weight loss during past 1 month, add the point score to the points for acute wt change. Only include the wt loss over 6 months if the wt from 1 month is unavailable.

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%

Box 1: Max score is 5 points. 0-4 points from subacute wt loss + 0-1 point for acute wt loss

2. Food Intake As compared to my normal, 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⁽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:

Box 2: not additive; max score is 4. Use the highest score

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⁾
- diarrhoea ⁽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⁾ _____
- fatigue ⁽¹⁾
- other**⁽¹⁾ _____

**Examples: depression, money, or dental problems

Box 3:

Box 3: Add all points

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:

Box 4: choose the most appropriate statement and corresponding score

Total Score

Score of ≥ 6 indicates risk of malnutrition

Clinician signature: _____

Date: _____

Worksheet 1: Disease state

- cancer ⁽¹⁾
- AIDS ⁽¹⁾
- pulmonary or cardiac cachexia ⁽¹⁾
- presence of decubitus, open wound or fistula ⁽¹⁾
- presence of trauma ⁽¹⁾
- chronic renal insufficiency ⁽¹⁾
- age greater than 65 years ⁽¹⁾

Worksheet 1:

Worksheet 1: Max score is 7 points. Add 1 point for each of the conditions listed

Worksheet 2: Metabolic stress

Fever

- no fever ⁽⁰⁾
- >37.2, <38.3 ⁽¹⁾
- ≥ 38.3, <38.9 ⁽²⁾
- >38.9 ⁽³⁾

Fever duration

- no fever ⁽⁰⁾
- < 72 hours (3 days) ⁽¹⁾
- 72 hours (3 days) ⁽²⁾
- > 72 hours (3 days) ⁽³⁾

Steroids

- no steroids ⁽⁰⁾
- low dose ⁽¹⁾
- moderate dose ⁽²⁾
- high dose ⁽³⁾

Worksheet 2:

The score for metabolic stress is determined by a number of variables known to increase protein and calorie needs.

Prednisone equivalents (all in mg)

	Low	moderate	high
Prednisone	<10	≥10 - <30	≥30
Cortisone	<50	≥50 - <150	≥150
Hydrocortisone	<40	≥40 - <120	≥120
Methylprednisone	<8	≥8 - <24	≥24
Dexamethasone	<1.5	≥1.5 - <4.5	≥4.5

Worksheet 2: This score is additive

Worksheet 3: Physical examination

Fat stores: orbital fat pads, triceps skin fold, fat overlaying lower ribs

- no deficit ⁽⁰⁾
- mild deficit ⁽¹⁾
- moderate deficit ⁽²⁾
- severe deficit ⁽³⁾

Muscle status: temples, clavicles, shoulders, interosseous muscles, scapula, thigh, calf

- no deficit ⁽⁰⁾
- mild deficit ⁽¹⁾
- moderate deficit ⁽²⁾
- severe deficit ⁽³⁾

Fluid status: ankle oedema, sacral oedema, ascites

- no overload ⁽⁰⁾
- mild overload ⁽¹⁾
- moderate overload ⁽²⁾
- severe overload ⁽³⁾

Worksheet 3:

Physical exam includes an evaluation of 3 aspects of body composition – muscle, fat and oedema. This is subjective. Each aspect of the exam is rated for degree of deficit. Muscle deficits should impact the score more than fat deficits.

Worksheet 3: This score is an overall subjective rating of total body deficit. Final score is scored from 0 (no deficit) to 3 (severe deficit)

Worksheet 4: Global assessment categories

Category:

Weight

Stage A: Well Nourished

No wt loss OR recent wt gain

Stage B: Moderate Malnutrition

<5% wt loss in 1/12 OR <10% in 6/12 OR progressive weight loss

Stage C: Severe Malnutrition

>5% wt loss in 1/12 OR >10% in 6/12

Nutrient Intake

No deficit OR recent improvement

Definite decrease in oral intake

OR progressive weight loss

Nutrition Impact Symptoms

None OR recent improvement allowing adequate intake

Presence of nutrition impact symptoms (box 3)

Severe deficit in oral intake
Presence of nutrition impact symptoms (box 3)

Function

No deficit OR recent improvement

Mod deficit OR recent deterioration

Severe deficit OR recent deterioration

Physical Exam

No deficit OR recent improvement

Mild to mod muscle & SQ fat loss

Severe muscle & SQ fat loss

Total PG-SGA Numerical Score:

Short Form Score + numerical scores of worksheets 1, 2 and 3

Global PG-SGA Category Rating:

Worksheet 4: Stage A, Stage B or Stage C

Score of 4-8 requires interventions by a dietitian. Score of ≥ 9 indicates critical need for improved symptom management and/or nutritional intervention options.

Global rating should be determined independently from numerical score.

Clinician signature: _____

Date: _____