

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

**History: Boxes 1 - 4 are designed to be completed by the patient.**  
[Boxes 1-4 are referred to as the PG-SGA Short Form (SF)]

## 1. Weight (See Worksheet 1)

In summary of my current and recent weight:

I currently weigh about \_\_\_\_\_ kg

I am about \_\_\_\_\_ cm tall

One month ago I weighed about \_\_\_\_\_ kg

Six months ago I weighed about \_\_\_\_\_ kg

During the past two weeks my weight has:

☐ decreased <sup>(1)</sup>   ☐ not changed <sup>(0)</sup>   ☐ increased <sup>(0)</sup>

**Box 1**

☐

## 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 <sup>(0)</sup>                         | <input type="checkbox"/> vomiting <sup>(3)</sup>          |
| <input type="checkbox"/> no appetite, just did not feel like eating <sup>(3)</sup> | <input type="checkbox"/> diarrhea <sup>(3)</sup>          |
| <input type="checkbox"/> nausea <sup>(1)</sup>                                     | <input type="checkbox"/> dry mouth <sup>(1)</sup>         |
| <input type="checkbox"/> constipation <sup>(1)</sup>                               | <input type="checkbox"/> smells bother me <sup>(1)</sup>  |
| <input type="checkbox"/> mouth sores <sup>(2)</sup>                                | <input type="checkbox"/> feel full quickly <sup>(1)</sup> |
| <input type="checkbox"/> things taste funny or have no taste <sup>(1)</sup>        | <input type="checkbox"/> fatigue <sup>(1)</sup>           |
| <input type="checkbox"/> problems swallowing <sup>(2)</sup>                        |   |
| <input type="checkbox"/> pain; where? <sup>(3)</sup> _____                         |   |
| <input type="checkbox"/> other <sup>(1)**</sup> _____                              |   |
- \*\*Examples: depression, money, or dental problems**

**Box 3**

☐

## Patient Identification Information

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

- ☐ unchanged <sup>(0)</sup>  
☐ more than usual <sup>(0)</sup>  
☐ less than usual <sup>(1)</sup>

I am now taking

- ☐ *normal food* but less than normal amount <sup>(1)</sup>  
☐ little solid food <sup>(2)</sup>  
☐ only liquids <sup>(3)</sup>  
☐ only nutritional supplements <sup>(3)</sup>  
☐ very little of anything <sup>(4)</sup>  
☐ only tube feedings or only nutrition by vein <sup>(0)</sup>

**Box 2**

☐

## 4. Activities and Function:

Over the past month, I would generally rate my activity as:

- ☐ normal with no limitations <sup>(0)</sup>  
☐ not my normal self, but able to be up and about with fairly normal activities <sup>(1)</sup>  
☐ not feeling up to most things, but in bed or chair less than half the day <sup>(2)</sup>  
☐ able to do little activity and spend most of the day in bed or chair <sup>(3)</sup>  
☐ pretty much bed ridden, rarely out of bed <sup>(3)</sup>

**Box 4**

☐

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

**Additive Score of Boxes 1-4**

☐ A

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## Worksheet 1 – Scoring Weight 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 PG-SGA.

Weight loss in 1 month	Points	Weight 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 Boxes 1-4 (See Side 1)  A

## 5. Worksheet 2 – Disease and its relation to nutritional requirements:

Score is derived by adding 1 point for each of the following conditions:

- ☐ Cancer ☐ Presence of decubitus, open wound or fistula  
☐ AIDS ☐ Presence of trauma  
☐ Pulmonary or cardiac cachexia ☐ Age greater than 65  
☐ Chronic renal insufficiency  
Other relevant diagnoses (specify) \_\_\_\_\_

Primary disease staging (circle if known or appropriate) I II III IV Other \_\_\_\_\_

Numerical score from Worksheet 2  B

## 6. Worksheet 3 – Metabolic Demand

Score for metabolic stress is determined by a number of variables known to increase protein & caloric needs. **Note:** Score fever intensity or duration, whichever is greater. The score is additive so that a patient who has a fever of 38.8 °C (3 points) for < 72 hrs (1 point) and who 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)
<b>Fever</b>	no fever	> 37.2 and < 38.3	≥ 38.3 and < 38.8	≥ 38.8 °C
<b>Fever duration</b>	no fever	< 72 hours	72 hours	> 72 hours
<b>Corticosteroids</b>	no corticosteroids	low dose (< 10 mg prednisone equivalents/day)	moderate dose (≥ 10 and < 30 mg prednisone equivalents/day)	high dose (≥ 30 mg prednisone equivalents/day)

Numerical score from Worksheet 3  C

## 7. Worksheet 4 – Physical Exam

Exam includes a subjective evaluation of 3 aspects of body composition: fat, muscle, & fluid. Since this is subjective, each aspect of the exam is rated for degree. Muscle deficit/loss impacts point score more than fat deficit/loss.

Definition of categories: 0 = no abnormality, 1+ = mild, 2+ = moderate, 3+ = severe. Rating in these categories is *not* additive but are used to clinically assess the degree of deficit (or presence of excess fluid).

### 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+
<b>Global muscle status rating</b>	<b>0</b>	<b>1+</b>	<b>2+</b>	<b>3+</b>

### Fat Stores

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

### Fluid status

ankle edema	0	1+	2+	3+
sacral edema	0	1+	2+	3+
ascites	0	1+	2+	3+
<b>Global fluid status rating</b>	<b>0</b>	<b>1+</b>	<b>2+</b>	<b>3+</b>

Point score for the physical exam is determined by the overall subjective rating of the total body deficit. No deficit score = 0 points  
Mild deficit score = 1 point  
Moderate deficit score = 2 points  
Severe deficit score = 3 points  
**Again, muscle deficit/loss takes precedence over fat loss or fluid excess.**

Numerical Score for Worksheet 4  D

Total PG-SGA Score (Total numerical score of A+B+C+D)

Clinician Signature \_\_\_\_\_ RD RN PA MD DO Other \_\_\_\_\_ Date \_\_\_\_\_

Global PG-SGA Category Rating (Stage A, Stage B or Stage C)

## Worksheet 5 – PG-SGA Global Assessment Categories

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