

Subjective Global Assessment

Name:

Date:

Medical History	A	B	C
<p>WEIGHT</p> <p>Wt change past 6 months</p> <p>Usual weight..... Current weight..... Amount weight loss..... % weight loss.....</p> <p>0-<5% loss * 5-10% loss * >10% loss *</p> <p>Weight change past 2 weeks</p> <p>No change; normal weight Amount..... Increase to within 5% * Increase (1 level above) * No change, but below usual wt * Increase to within 5-10% * Decrease *</p>			
<p>DIETARY INTAKE</p> <p>No change; adequate * No change; inadequate *</p> <p>Change</p> <p>Suboptimal diet * Full liquid * Hypocaloric liquid * Starvation *</p> <p>Intake borderline; increasing * Intake borderline; decreasing * Intake poor; no change * Intake poor; increasing * Intake poor; decreasing *</p> <p style="text-align: center;">Duration of change.....</p>			
<p>GASTROINTESTINAL SYMPTOMS</p> <p>Frequency (never, daily, no. of times/week) Duration (<2wk, >2wk)</p> <p>Nausea Vomiting Diarrhoea Anorexia</p> <p>None; intermittent * Some (daily >2 week) * All (daily >2 week) *</p>			
<p>FUNCTIONAL CAPACITY</p> <p>No dysfunction * Difficulty with ambulation/normal activities * Bed/chair-ridden *</p> <p>Change past 2 week</p> <p>Improved * No change * Regressed *</p>			

Physical examination	A	B	C
SUBCUTANEOUS FAT			
Under the eyes	Slightly bulging area		Hollowed look, depression, dark circles
Triceps	Large space between fingers		Very little space between fingers, or fingers touch
Biceps	Large space between fingers		Very little space between fingers, or fingers touch
MUSCLE WASTING			
Temple	Well-defined muscle/flat	Slight depression	Hollowing, depression
Clavicle	Not visible in Males; may be visible but not prominent in females	Some protrusion; may not be all the way along	Protruding/prominent bone
Shoulder	Rounded	No square look; acromion process may protrude slightly	Square look; bones prominent
Scapula/ribs	Bones not prominent; no significant depressions	Mild depressions or bone may show slightly; not all areas	Bones prominent; significant depressions
Quadriceps	Well rounded; no depressions	Mild depression	Depression; thin
Calf	Well developed		Thin; no muscle definition
Knee	Bones not prominent		Bones prominent
Interosseous muscle between thumb and forefinger	Muscle protrudes; could be flat in females		Flat or depressed area
OEDEMA (related to malnutrition)	No sign	Mild to moderate	Severe
ASCITES (related to malnutrition)	No sign	Mild to moderate	Severe
OVERALL SGA RATING	A	B	C

Adapted from: Detsky et al., 1994⁸; Baxter Healthcare Corporation, 1993; McCann, 1996 (Ferguson, Bauer, Banks, Capra, 1996)©