

Subjective Global Assessment

Name:

Date:

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

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)©