

## 7-POINT SUBJECTIVE GLOBAL ASSESSMENT

### Weight Loss \_\_\_ kg in last 6 months

7	6	5	4	3	2	1
0%	< 3%	3 - 5%	5 - 7%	7 - 10%	10 - < 15%	≥15%

If weight is trending up add 1 point, if weight is trending down within 1 month subtract 1 point

### Dietary intake in past 2 weeks

7	6	5	4	3	2	1
Good – full share of usual meal	Good - > ¾ to < 1 share of usual meal	Borderline – ½ to ¾ meal but increasing	Borderline ½ to ¾ usual meal w/ no change or decreasing	Poor < ½ of usual meal but increasing	Poor < ½ of usual meal w/ no change or decreasing	Starvation <¼ of usual meal

### Gastrointestinal symptoms (that persisted for >2 weeks)

Nausea  Vomiting  Diarrhea

7	6	5	4	3	1-2
No symptoms	Very few intermittent symptoms 1x/day	Some symptoms 2-3x/day – improving	some symptoms 2-3x/day – no change	Some symptoms 2-3x/day – getting worse	Some or all symptoms >3x/day

### Functional status (nutrition related)

6-7	3-5	1-2
Full functional capacity	Mild to moderate loss of stamina	Severe loss of functional ability (bedridden)

### Disease state affecting nutritional requirements

6-7	3-5	1-2
No increase in metabolic demand (no or low stress)	Mild to moderate increase in metabolic demand (moderate stress)	Drastic increase in metabolic demand (high stress)

### Muscle wasting\* (at least 3 areas)

6-7	3-5	1-2
No depletion in all areas	Mild to moderate depletion	Severe depletion

### Fat Stores\*

6-7	3-5	1-2
No depletion in all areas	Mild to moderate depletion	Severe depletion

### Edema\* (nutrition related)

6-7	3-5	1-2
No edema	Mild to moderate edema	Severe edema

## NUTRITION STATUS OVERALL SGA RATING

<b>Well Nourished</b>	<b>Mild to Moderately Malnourished</b>	<b>Severely Malnourished</b>
<b>7 6</b>	<b>5 4 3</b>	<b>2 1</b>

\*See second page for more details

## Muscle Wasting

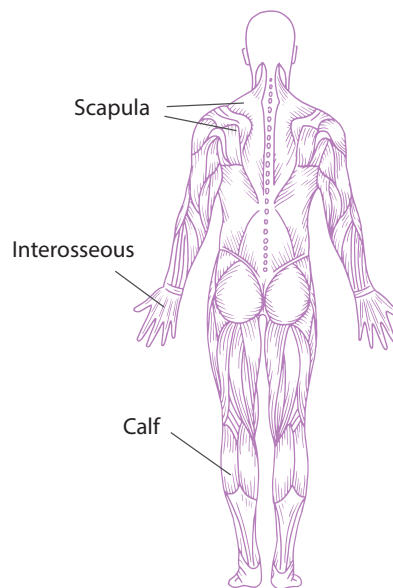
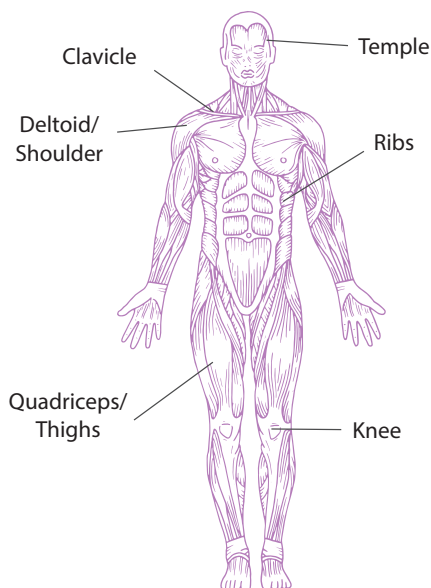
Physical Examination	Normal	Mild/Moderate	Severe
Temple	Well-defined muscle	Slight depression	Hollowing, depression
Clavicle	Not visible in males; may be visible but not prominent in females	Some protrusion; may not be all the way along	Protruding/prominent bone
Shoulder	Rounded	No square look; acromion process may protrude slightly	Square look; bones prominent
Scapula/ribs	Bones not prominent; no significant depression	Mild depressions or bone may show slightly; not all areas	Bones prominent; significant depression
Quadriceps	Well defined	Depression/atrophy medially	Prominent knee, severe depression medially
Interosseous muscle between thumb and forefinger (back of hand)	Muscle protrudes, could be flat in females	Slightly depressed	Flat or depressed area

## Fat Stores

Physical Examination	Normal	Mild/Moderate	Severe
Under the eyes	Slightly bulging area	Somewhat hollow look, slightly dark circles	Hollowed look, depression, dark circles
Triceps	Large space between fingers	Some depth to fat tissue, but not ample. Loose fitting skin.	Very little space between fingers or fingers touch
Ribs, lower back, and sides of trunk	Chest is full; ribs do not show. Slight to no protrusion of the iliac crest.	Ribs obvious, but indentations are not marked. Iliac crest somewhat prominent.	Indentation between ribs obvious. Iliac crest very prominent.

## Edema

Physical Examination	Normal	Mild/Moderate	Severe
Edema	None	Pitting edema of extremities/pitting to knees, possible sacral edema if bed ridden	Pitting beyond knees, sacral edema if bed ridden, may also have generalized edema
Ascites	Absent	Present (may only be present on imaging)	



For a visual guide of the physical Assessment  
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