

## SUBJECTIVE GLOBAL ASSESSMENT RATING FORM

Patient Name: \_\_\_\_\_ ID #: \_\_\_\_\_ Date: \_\_\_\_\_

### WEIGHT

Baseline Weight: \_\_\_\_\_ (Dry weight from 6 months ago)

Current Weight: \_\_\_\_\_ (Dry weight today)

Actual Wt loss/past 6 mo. \_\_\_\_\_ % wt loss \_\_\_\_\_ (actual loss from baseline/last SGA)

Wt change over past two weeks \_\_\_\_\_ No change \_\_\_\_\_ Increase \_\_\_\_\_ Decrease

RATING: 1 2 3 4 5 6 7

### DIETARY INTAKE

\_\_\_\_\_ No change (Adequate)

\_\_\_\_\_ No change (Inadequate)

Change:

Sub optimal Intake \_\_\_\_\_ Protein \_\_\_\_\_ Kcal \_\_\_\_\_ Duration \_\_\_\_\_

Full Liquid \_\_\_\_\_ Hypocaloric Liquid \_\_\_\_\_ Starvation \_\_\_\_\_

RATING: 1 2 3 4 5 6 7

### GASTROINTESTINAL SYMPTOMS

(\*Frequency: Never, daily, 2-3 times/wk, 1-2 times/wk, > 2 weeks, < 2 weeks)

Symptom:

Frequency: \*

Duration:

\_\_\_\_\_ None

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Anorexia

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Nausea

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Vomiting

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Diarrhea

\_\_\_\_\_

\_\_\_\_\_

RATING: 1 2 3 4 5 6 7

### FUNCTIONAL CAPACITY

Description:

Duration:

\_\_\_\_\_ No Dysfunction

\_\_\_\_\_

\_\_\_\_\_ Change in Function

\_\_\_\_\_

\_\_\_\_\_ Difficulty with ambulation

\_\_\_\_\_

\_\_\_\_\_ Difficulty with activity (patient specific "normal")

\_\_\_\_\_

\_\_\_\_\_ Light activity

\_\_\_\_\_

\_\_\_\_\_ Bed/chair ridden with little or no activity

\_\_\_\_\_

\_\_\_\_\_ Improvement in function

\_\_\_\_\_

RATING: 1 2 3 4 5 6 7

### DIAGNOSIS/CO-MORBIDITIES RELATED TO NUTRITIONAL NEEDS

Primary diagnosis \_\_\_\_\_ Comorbidities \_\_\_\_\_

\_\_\_\_\_ Normal requirements

\_\_\_\_\_ Increased requirements

\_\_\_\_\_ Decreased requirements

Acute Metabolic Stress: \_\_\_\_\_ None \_\_\_\_\_ Low \_\_\_\_\_ Moderate \_\_\_\_\_ High

RATING: 1 2 3 4 5 6 7

### PHYSICAL EXAM

\_\_\_\_\_ Loss of subcutaneous fat

\_\_\_\_\_ Some areas \_\_\_\_\_ All areas

(below eye, triceps, biceps, chest)

\_\_\_\_\_ Muscle wasting

\_\_\_\_\_ Some areas \_\_\_\_\_ All areas

(temple, clavicle, scapula, ribs, quadriceps, calf, knee, interosseous)

\_\_\_\_\_ Edema (related to undernutrition/use to evaluate weight change)

RATING: 1 2 3 4 5 6 7

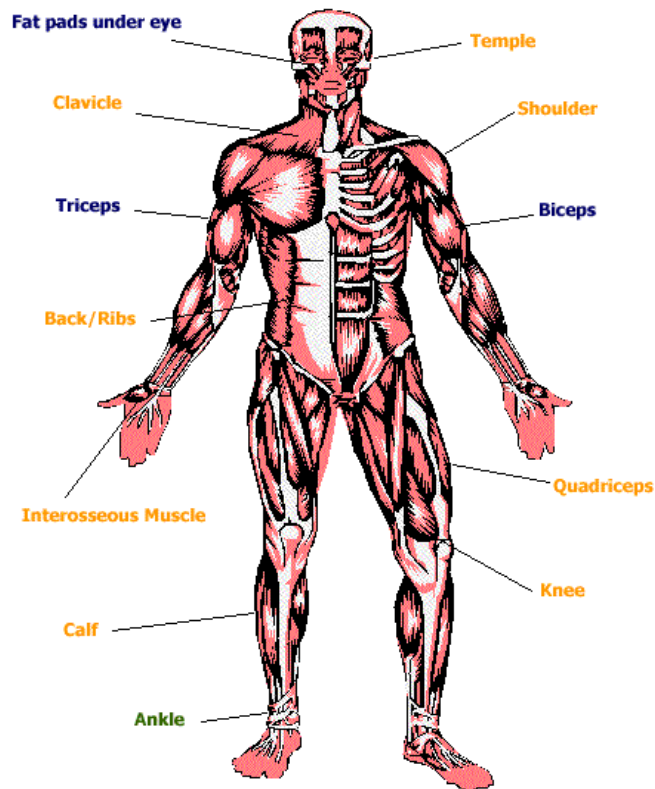
### OVERALL RATING

\_\_\_\_\_ 6-7=Very Mild risk to well nourished; most categories or significant/continued improvement

\_\_\_\_\_ 3-4-5=Mild/Moderate; No clear sign of normal status or severe malnutrition

\_\_\_\_\_ 1-2=Severely Malnourished; most categories/significant physical signs of malnutrition

## Fat and Muscle Store Assessment



Muscle (orange) stores

Fat (blue) stores

Edema (green) should be assessed at the ankle. In mobility-restricted patients the edema may be visible around the eye or at the sacrum.

\*Remember to assess fat and muscle stores in relation to recent weight changes.

Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_

SGA Score: \_\_\_\_\_

Notes/Comments: \_\_\_\_\_