

Expanded Disability Status Scale (EDSS) de Kurtzke

Kurtzke JF. Rating neurologic impairment in multiple sclerosis: an expanded disability status scale (EDSS). Neurology (Cleveland) 1983; 33: 1444-1452.

Escala EDSS de Kurtzke: criterios de puntuación

Escala Funcional (FS)

Piramidal

- 1. normal.
- 2. signos anormales sin incapacidad.
- 3. incapacidad mínima.
- 4. paraparesia o hemiparesia leve o moderada. Monoparesia grave.
- 5. paraparesia o hemiparesia grave. Monoplejía o cuadriparesia moderada.
- 6. paraplejía o hemiplejía. Cuadriparesia intensa.
- 7. cuadriplejía.

Cerebelo

- 1. Normal.
- 2. Signos anormales sin incapacidad.
- 3. Ligera ataxia.
- 4. Moderada ataxia de los miembros o del tronco.
- 5. Ataxia intensa de todas las extremidades.
- 6. Incapaz de realizar movimientos coordinados por ataxia.

+. añadir tras cada puntuación en caso de debilidad grado 3 que dificulte la prueba.

Tronco del encéfalo

- 1. Normal.
- 2. Sólomente signos.
- 3. Nistagmus moderado o cualquier otro tipo de incapacidad.
- 4. Nistagmus intenso, parálisis extraocular intensa o moderada incapacidad por otros pares.
- 5. Disartria intensa o cualquier otro tipo de incapacidad.
- 6. Incapacidad para tragar o hablar.

Sensibilidad

- 1. Normal.
- 2. Alteración de la vibratoria o grafestesia en una o dos extremidades.

- 3. Disminución ligera de la sensibilidad táctil o dolorosa, o de la posicional y/o disminución ligera de la vibratoria en uno o dos miembros o vibratoria (o grafestesia) en 3 o 4 miembros.
- 4. Id. moderada, incluida alteración propioceptiva en 3 ó 4 miembros.
- 5. Id. intensa, o bien grave alteración propioceptiva en más de 2 miembros.
- 6. Pérdida de la sensibilidad en una o dos extremidades o bien disminución del tacto o dolor y/o pérdida del sentido posicional en más de dos miembros.
- 7. Pérdida de sensibilidad prácticamente total por debajo de la cabeza.

Vejiga e intestino (Redefinición de Goodkin et al. Neurology 1992; 42: 859-863).

Instrucciones: Añada un punto más en la puntuación de 1-4 vesical si se usa autocateterismo vesical. Puntúe la situación peor del modo siguiente:

- Vejiga
 - 1. función normal.
 - 2. ligero titubeo, urgencia o retención.
 - 3. moderado titubeo, urgencia o retención tanto del intestino como de la vejiga, o incontinencia urinaria poco frecuente.
 - 4. incontinencia < semanal.
 - 5. incontinencia > semanal.
 - 6. incontinencia diaria.
 - 7. catéter vesical.
- Intestino
 - 1. función normal.
 - 2. estreñimiento de < diario, sin incontinencia.
 - 3. estreñimiento de menos de a diario pero no incontinencia.
 - 4. incontinencia < semanal.
 - 5. incontinencia > semanal pero no a diario.
 - 6. ningún control intestinal.
 - 7. grado 5 intestinal más grado 5 de disfunción vesical.

Visión

- 1. normal.
- 2. escotoma con agudeza visual (corregida) superior a 20/30.
- 3. el ojo que está peor con un escotoma tiene de agudeza entre 30/30 y 20/59.
- 4. El ojo peor (por escotoma o alteración de campo) con agudeza máxima entre 20/60 y 20/99.
- 5. id. entre 20/100 y 20/200; igual un grado 3 más máxima agudeza en el mejor ojo de 20/60 o inferior.

- 6. id. en el ojo peor con agudeza inferior a 20/200; o bien grado 4 más máxima agudeza en el ojo mejor de 20/60 o menos.
- 7. +. añadir tras la puntuación en los grados 0-5 si existe palidez temporal.

Funciones mentales

- 1. normal.
- 2. alteración del estado de ánimo únicamente (no afecta a la puntuación EDSS).
- 3. ligera alteración cognitiva.
- 4. moderada alteración cognitiva.
- 5. marcada alteración cognitiva.
- 6. demencia o síndrome cerebral crónico.

Expanded Disability Status Scale (EDSS)

- 0= examen neurológico normal (todos los ítems de FS son de cero).
- 1.0= ninguna incapacidad pero signos mínimos sólo en un apartado de la FS.
- 1.5= ninguna incapacidad pero signos mínimos en más de un apartado de la FS.
- 2.0= incapacidad mínima en un apartado de la FS (al menos uno con puntuación de 2).
- 2.5= incapacidad mínima (dos apartados de la FS puntuando 2).
- 3.0= incapacidad moderada en un FS (un FS puntúa 3 pero los otros entre 0 y 1). El paciente deambula sin dificultad.
- 3.5= deambula sin limitaciones pero tiene moderada incapacidad en una FS (una tiene un grado 3) o bien tiene una o dos FS que puntúan un grado 2 o bien dos FS puntúan un grado 3 o bien 5 FS tienen un grado 2 aunque el resto estén entre 0 y 1.
- 4.0= deambula sin limitaciones, es autosuficiente, y se mueve de un lado para otro alrededor de 12 horas por día pese a una incapacidad relativamente importante de acuerdo con un grado 4 en una FS (las restantes entre 0 y 1). Capaz de caminar sin ayuda o descanso unos 500 metros.
- 4.5= deambula plenamente sin ayuda, va de un lado para otro gran parte del día, capaz de trabajar un día completo, pero tiene ciertas limitaciones para una actividad plena, o bien requiere un mínimo de ayuda. El paciente tiene una incapacidad relativamente importante, por lo general con un apartado de FS de grado 4 (los restantes entre 0 y 1) o bien una combinación alta de los demás apartados. Es capaz de caminar sin ayuda ni descanso alrededor de 300 metros.
- 5.0= camina sin ayuda o descanso en torno a unos 200 metros; su incapacidad es suficiente para afectarle en funciones de la vida diaria, v.g. trabajar todo el día sin medidas especiales. Los equivalentes FS habituales son uno de grado 5 sólo, los otros entre 0 y 1 o bien

combinaciones de grados inferiores por lo general superiores a un grado 4.

- 5.5= camina sin ayuda o descanso por espacio de unos 100 metros; la incapacidad es lo suficientemente grave como para impedirle plenamente las actividades de la vida diaria. El equivalente FS habitual es de un solo grado 5, otros de 0 a 1, o bien una combinación de grados inferiores por encima del nivel 4.
- 6.0= requiere ayuda constante, bien unilateral o de forma intermitente (bastón, muleta o abrazadera) para caminar en torno a 100 metros, sin o con descanso. Los equivalentes FS representan combinaciones con más de dos FS de grado 3.
- 6.5= ayuda bilateral constante (bastones, muletas o abrazaderas) para caminar unos 20 metros sin descanso. El FS habitual equivale a combinaciones con más de dos FS de grado 3+.
- 7.0= incapaz de caminar más de unos pasos, incluso con ayuda, básicamente confinado a silla de ruedas y posibilidad de trasladarse de ésta a otro lugar, o puede manejarse para ir al lavabo durante 12 horas al día. El equivalente FS habitual son combinaciones de dos o más de un FS de grado 4+. Muy raramente síndrome piramidal grado 5 solamente.
- 7.5= incapaz de caminar más de unos pasos. Limitado a silla de ruedas. Puede necesitar ayuda para salir de ella. No puede impulsarse en una silla normal pudiendo requerir un vehículo motorizado. El equivalente FS habitual son combinaciones con más de un FS de grado 4+.
- 8.0= básicamente limitado a la cama o a una silla, aunque puede dar alguna vuelta en la silla de ruedas, puede mantenerse fuera de la cama gran parte del día y es capaz de realizar gran parte de las actividades de la vida diaria. Generalmente usa con eficacia los brazos. El equivalente FS habitual es una combinación de varios sistemas en grado 4.
- 8.5= básicamente confinado en cama la mayor parte del día, tiene un cierto uso útil de uno o ambos brazos, capaz de realizar algunas actividades propias. El FS habitual equivale a combinaciones diversas generalmente de una grado 4+.
- 9.0= paciente inválido en cama, puede comunicarse y comer. El equivalente FS habitual son combinaciones de un grado 4+ para la mayor parte de los apartados.
- 9.5= totalmente inválido en cama, incapaz de comunicarse o bien comer o tragar. El equivalente FS habitualmente son combinaciones de casi todas las funciones en grado 4+.
- 10= muerte por esclerosis múltiple.

CAMBRIDGE DEPERSONALIZATION SCALE

(Sierra & Berrios, 1996)

NAME: _____ AGE: _____ SEX: male / female

1. Out of the blue, I feel strange, as if I were not real or as if I were cut off from the world.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4 = all the time 4 = about a day

5 = more than a day

6 = more than a week

2. What I see looks 'flat' or 'lifeless', as if I were looking at a picture.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4 = all the time 4 = about a day

5 = more than a day

6 = more than a week

3. Parts of my body feel as if they didn't belong to me.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

4. I have found myself not being frightened at all in situations which normally I would find

frightening or distressing.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

5. My favourite activities are no longer enjoyable.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

6. Whilst doing something I have the feeling of being a "detached observer" of myself.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

7. The flavour of meals no longer gives me a feeling of pleasure or distaste.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

8. My body feels very light, as if it were floating on air.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

9. When I weep or laugh, I do not seem to feel any emotions at all.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

10. I have the feeling of not having any thoughts at all, so that when I speak it feels as if my words were being uttered by an 'automaton'.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

11. Familiar voices (including my own) sound remote and unreal.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

12. I have the feeling that my hands or my feet have become larger or smaller.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

13. My surroundings feel detached or unreal, as if there was a veil between me and the outside world.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

14. It seems as if things that I have recently done had taken place a long time ago. For example anything which I have done this morning feels as if it were done weeks ago.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

15. Whilst fully awake I have "visions" in which I can see myself outside, as if I were looking

my image in a mirror.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

16. I feel detached from memories of things that have happened to me - as if I had not been

involved in them.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

17. When in a new situation, it feels as if I have been through it before.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

18. Out of the blue, I find myself not feeling any affection towards my family and close friends.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

19. Objects around me seem to look smaller or further away.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

20. I cannot feel properly the objects that I touch with my hands for, it feels as if it were not

me who were touching it.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

21. I do not seem able to picture things in my mind, for example, the face of a close friend or

a familiar place.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

22. When a part of my body hurts, I feel so detached from the pain that it feels as if it were

'somebody else's pain.'

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

23. I have the feeling of being outside my body.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

24. When I move it doesn't feel as if I were in charge of the movements, so that I feel 'automatic' and mechanical as if I were a 'robot'.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4 = all the time 4 = about a day

5 = more than a day

6 = more than a week

25. The smell of things no longer gives me a feeling of pleasure or dislike.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4 = all the time 4 = about a day

5 = more than a day

6 = more than a week

26. I feel so detached from my thoughts that they seem to have a 'life' of their own.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

27. I have to touch myself to make sure that I have a body or a real existence.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

28. I seem to have lost some bodily sensations (e.g. of hunger and thirst) so that when I eat

or drink, it feels an automatic routine.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week

29. Previously familiar places look unfamiliar, as if I had never seen them before.

Frequency Duration

0 = never In general, it lasts:

1 = rarely 1 = few seconds

2 = often 2 = few minutes

3 = very often 3 = few hours

4= all the time 4 = about a day

5 = more than a day

6 = more than a week