

CLINICAL NUTRITION SUBJECTIVE GLOBAL ASSESSMENT

MEDICAL HISTORY

NUTRIENT INTAKE

- 1 ☐ No change; adequate
- 2 Inadequate; duration of inadequate intake _____
☐ Suboptimal solid diet ☐ Full fluids or only oral nutrition supplements ☐ Minimal intake, clear fluids or starvation
- 3 **Nutrient Intake in past 2 weeks*** (*See page 2 SGA Rating for more description.)
☐ Adequate _____ ☐ Improved but not adequate _____ ☐ No improvement or inadequate _____

WEIGHT

Usual weight: _____ Current weight: _____

- 1 **Non fluid weight change past 6 months** Weight loss (kg) _____
☐ Less than 5% loss or weight stability ☐ 5 to 10% loss without stabilization or increase
☐ More than 10% loss and ongoing
 If above not known, has there been a subjective loss of weight during the past six months?
☐ None or mild ☐ Moderate ☐ Severe
- 2 **Weight change past 2 weeks*** Amount (if known) _____ (*See page 2 SGA Rating for more description.)
☐ Increased ☐ No change ☐ Decreased

SYMPTOMS (Experiencing symptoms affecting oral intake)

- 1 ☐ Pain on eating ☐ Anorexia ☐ Vomiting ☐ Nausea ☐ Dysphagia ☐ Diarrhea
☐ Dental problems ☐ Feels full quickly ☐ Constipation
- 2 ☐ None ☐ Intermittent/mild/few ☐ Constant/severe/multiple
- 3 **Symptoms in the past 2 weeks*** (*See page 2 SGA Rating for more description.)
☐ Resolution of symptoms ☐ Improving ☐ No change or worsened

FUNCTIONAL CAPACITY (Fatigue and progressive loss of function)

- 1 No dysfunction
- 2 Reduced capacity; duration of change _____
☐ Difficulty with ambulation/normal activities ☐ Bed/chair-ridden
- 3 **Functional Capacity in the past 2 weeks*** (*See page 2 SGA Rating for more description.)
☐ Improved ☐ No change ☐ Decrease

METABOLIC REQUIREMENT

High metabolic requirement ☐ No ☐ Yes

PHYSICAL EXAMINATION

Loss of body fat	<input type="checkbox"/> No	<input type="checkbox"/> Mild/Moderate	<input type="checkbox"/> Severe
Loss of muscle mass	<input type="checkbox"/> No	<input type="checkbox"/> Mild/Moderate	<input type="checkbox"/> Severe
Presence of edema/ascites	<input type="checkbox"/> No	<input type="checkbox"/> Mild/Moderate	<input type="checkbox"/> Severe

SGA RATING

<input type="checkbox"/> A Well-nourished Normal	<input type="checkbox"/> B Mildly/moderately malnourished Some progressive nutritional loss	<input type="checkbox"/> C Severely malnourished Evidence of wasting and progressive symptoms
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CONTRIBUTING FACTOR

☐ **CACHEXIA** (fat and muscle wasting due to disease and inflammation) ☐ **SARCOPENIA** (reduced muscle mass and strength)

Subjective Global Assessment Guidance for Body Composition

SUBCUTANEOUS FAT

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, 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 very obvious. Iliac crest very prominent

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 depressions	Mild depressions or bone may show slightly; not all areas	Bones prominent; significant depressions
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

FLUID RETENTION

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

SGA RATING:

- A Well-nourished** no decrease in food/nutrient intake; less than 5% weight loss; no/minimal symptoms affecting food intake; no deficit in function; no deficit in fat or muscle mass **OR** *an individual with criteria for SGA B or C but with recent adequate food intake; non-fluid weight gain; significant recent improvement in symptoms allowing adequate oral intake; significant recent improvement in function; and chronic deficit in fat and muscle mass but with recent clinical improvement in function.
- B Mildly/moderately malnourished** definite decrease in food/nutrient intake; 5% to 10% weight loss without stabilization or gain; mild/some symptoms affecting food intake; moderate functional deficit or recent deterioration; mild/moderate loss of fat and/or muscle mass **OR** *an individual meeting criteria for SGA C but with improvement (but not adequate) of oral intake, recent stabilization of weight, decrease in symptoms affecting oral intake, and stabilization of functional status.
- C Severely malnourished** severe deficit in food/nutrient intake; more than 10% weight loss which is ongoing; significant symptoms affecting food/nutrient intake; severe functional deficit **OR** *recent significant deterioration obvious signs of fat and/or muscle loss.

CACHEXIA: If there is an underlying predisposing disorder (e.g. malignancy) and there is evidence of reduced muscle and fat and no or limited improvement with optimal nutrient intake, this is consistent with cachexia.

SARCOPENIA: If there is an underlying disorder (e.g. aging) and there is evidence of reduced muscle and strength and no or limited improvement with optimal nutrient intake.

**In the elderly prominent tendons and hollowing is the result of aging and may not reflect malnutrition