

Subjective Global Assessment (SGA)

ASSESSMENT OF THE NUTRITION STATE

PATIENT

Surname First name Gender ☐ m ☐ f ☐ d
Date of Birth Examination Date: Ward

MEDICAL HISTORY

1. WEIGHT CHANGE

☐ In the past 6 months: Initial weight (kg) Current weight (kg) Weight change (%)

☐ Weight loss in percent:	< 5%	5-10%	>10%
☐ In the past 2 weeks:	Increase	No change	Decrease

2. FOOD INTAKE

Changes compared to usual intake: Yes, duration (weeks):	No	Suboptimal liquide diet Hypocaloric intake	Full liquid diet only	Starvation
--	----	--	--------------------------	------------

3. GASTROINTESTINAL SYMPTOMS (> 2 WEEKS)

Nausea:	No	Yes
Vomiting:	No	Yes
Diarrhea:	No	Yes
Loss of appetite:	No	Yes

4. FUNCTIONAL CAPACITY

Dysfunction: Yes, duration (weeks):	No	Working suboptimally	Ambu- latory	Deterio- ration	Bedridden
---	----	-------------------------	-----------------	--------------------	-----------

5. EFFECT OF THE DISEASE ON NUTRIENT REQUIREMENTS

Primary diagnosis:					
Metabolic demand (stress):	No stress	Low stress	Moderate stress	High stress	

PHYSICAL INVESTIGATION

☐ Loss of subcutaneous fat (triceps, chest):	Normal	Mild	Moderate	Severe
☐ Muscle wasting (quadriceps, deltoids):	Normal	Mild	Moderate	Severe
Ankle oedema:	Normal	Mild	Moderate	Severe
Sacral oedema (anasarca):	Normal	Mild	Moderate	Severe
Ascites:	Normal	Mild	Moderate	Severe

SGA RATING (SELECT ONE)

A Well nourished

B Moderately malnourished
or with suspected malnutrition

C Severely malnourished

LITERATURE: Detsky AS et al. What is subjective global assessment of nutritional status? JPEN 1987; 11:8-13.