

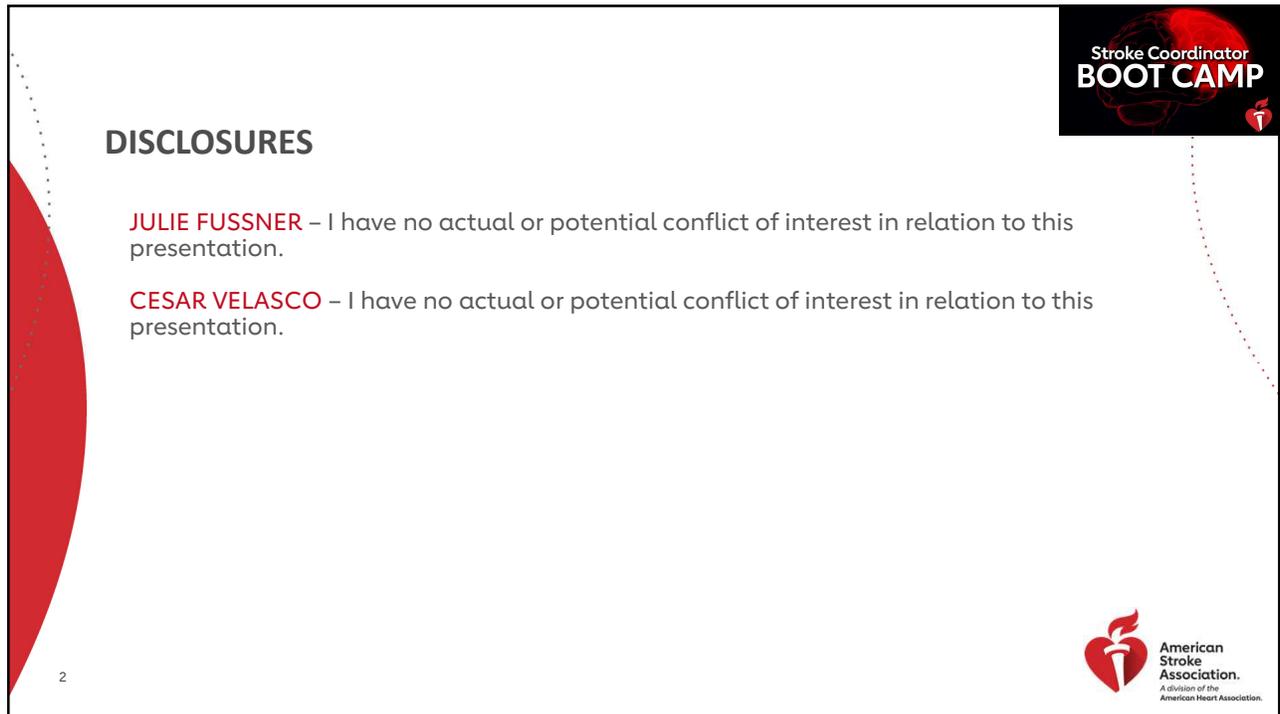
# Stroke Coordinator BOOT CAMP

## ASSESSING STROKE – SCORES & SCALES

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1



### Stroke Coordinator BOOT CAMP

## DISCLOSURES

**JULIE FUSSNER** – I have no actual or potential conflict of interest in relation to this presentation.

**CESAR VELASCO** – I have no actual or potential conflict of interest in relation to this presentation.



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2

## OBJECTIVES

### STROKE SCALES

- Discuss the most current, relevant scoring systems and scales being used for the stroke population
- Identify the strengths, limitations, and application of these scales
- Recognize each scoring system and scale property that is important and relevant to all assessment tools

3

3

## WHY ARE SCORING SYSTEMS AND SCALES USED?

- ✓ Assess the impact of therapeutic interventions in research
- ✓ Aids in improving diagnostic accuracy
- ✓ Helps determine clinical pathways of treatment
- ✓ Severity measurement
- ✓ Handoff Communication
- ✓ Assists in predicting and evaluating a patient's clinical outcome



**A "ONE SIZE FITS ALL" APPROACH DOES NOT APPLY TO STROKE EVALUATION AND TREATMENT.**

4

4

## SCORING SYSTEMS AND SCALES

### PREHOSPITAL STROKE ASSESSMENT SCALES

- Cincinnati Prehospital Stroke Scale (CPSS)
- Los Angeles Prehospital Stroke Scale (LAPSS)
- Rapid Arterial occlusion Evaluation Scale (RACE)

### ACUTE ASSESSMENT SCALES

- Glasgow Coma Scale (GCS)
- NIH Stroke Scale (NIHSS)
- Modified NIHSS scale
- Intracerebral Hemorrhage Scale (ICH)

### FUNCTIONAL ASSESSMENT SCALES

- Berg Balance Scale
- Modified Rankin Scale (mRS)

### OUTCOME ASSESSMENT SCALES

- Barthel Index
- Glasgow Outcome Scale

### OTHER DIAGNOSTIC & SCREENING TEST

- Hachinski Ischaemia Score
- Hamilton Rating Scale for Depression
- PHQ2 and PHQ9 for Depression



5

5

## DEFINITIONS

### SENSITIVITY

- Sensitivity also called the true positive rate measures the proportion of actual positives that are correctly identified
- Refers to a test's ability to designate an individual with disease as positive.
- A highly sensitive test means that there are few false negative results, and thus fewer cases of disease are missed.

### SPECIFICITY

- Specificity also called the true negative rate measures the proportion of actual negatives that are correctly identified
- The percentage of healthy people who are correctly identified as not having the condition
- Specificity avoids false positives



6

6

## PREHOSPITAL STROKE ASSESSMENT SCALES

### CINCINNATI PREHOSPITAL STROKE SCALE (CPSS)

- Identifies facial paresis, arm drift, and abnormal speech.
- 80% of stroke patients will exhibit one or more of these symptoms.
- However, it has the same limitations for certain stroke-related deficits that can occur in isolation. Does not identify posterior circulation strokes
- **Strength:** Quick and easy for EMS to use



### CINCINNATI PREHOSPITAL STROKE SCALE

#### Facial Droop

- Normal: Both sides of face move equally  
Abnormal: One side of face does not move at all

#### Arm Drift

- Normal: Both arms move equally or not at all  
Abnormal: One arm drifts compared to the other

#### Speech

- Normal: Patient uses correct words with no slurring  
Abnormal: Slurred or inappropriate words or mute

## PREHOSPITAL STROKE ASSESSMENT SCALES (CONTINUED)

### LOS ANGELES PREHOSPITAL STROKE SCALE (LAPSS)

- Assesses for unilateral deficit facial paresis, hand grip weakness, and arm drift
- Pre-hospital stroke screening criteria:
  - Patient is >45 years of age
  - Has no history of seizure/epilepsy
  - Symptom duration is < 24 hours
  - Patient is not bedridden or wheelchair dependent at baseline
  - Blood glucose is between 60-400 mg/dL.
- Sensitivity** = 91% and **Specificity** = 97%
- Strength:** Allows rapid identification while excluding common mimics
- Limitation:** Number of items for EMS to complete



9

9

### LOS ANGELES PREHOSPITAL STROKE SCREEN (LAPSS)

Patient Name: \_\_\_\_\_  
 Rater Name: \_\_\_\_\_  
 Date: \_\_\_\_\_

Screening Criteria	Yes	No
4. Age over 45 years	___	___
5. No prior history of seizure disorder	___	___
6. New onset of neurologic symptoms in last 24 hours	___	___
7. Patient was ambulatory at baseline (prior to event)	___	___
8. Blood glucose between 60 and 400	___	___

9. Exam: look for obvious asymmetry

	Normal	Right	Left
Facial smile / grimace:	<input type="checkbox"/>	<input type="checkbox"/> Droop	<input type="checkbox"/> Droop
Grip:	<input type="checkbox"/>	<input type="checkbox"/> Weak Grip <input type="checkbox"/> No Grip	<input type="checkbox"/> Weak Grip <input type="checkbox"/> No Grip
Arm weakness:	<input type="checkbox"/>	<input type="checkbox"/> Drifts Down <input type="checkbox"/> Falls Rapidly	<input type="checkbox"/> Drifts Down <input type="checkbox"/> Falls Rapidly

Based on exam, patient has only unilateral (and not bilateral) weakness: Yes  No

10. If Yes (or unknown) to all items above LAPSS screening criteria met: Yes  No

11. If LAPSS criteria for stroke met, call receiving hospital with "CODE STROKE", if not then return to the appropriate treatment protocol. (Note: the patient may still be experiencing a stroke if even if LAPSS criteria are not met.)

10

10

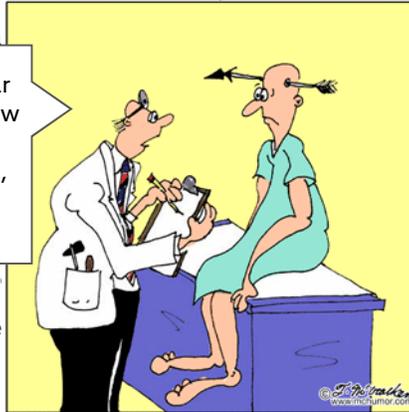
## PREHOSPITAL STROKE ASSESSMENT SCALES (CONTINUED)

### SEVERITY SCALES FOR LARGE VESSEL OCCLUSION

**2018 AHA Guidelines:** *Uncertainty exists over optimal algorithm and optimal prehospital LVO screen*

- **RACE:** Rapid Arterial Occlusion Evaluation
- **LAMS:** Los Angeles Motor Scale
- **FAST-ED:** Face, Arm, Speech, Time to Emergency Department
- **CSTAT:** Cincinnati Stroke
- **VAN:** Vision, Arm, and Neurologic Examination
- **MEND:** Miami Emergency Neurologi
- **ROSIER:** Recognition of Stroke in the

"Off hand, I'd say your suffering from an arrow through your head, but just to play it safe, I'm going to conduct a bunch of assessments."



## PREHOSPITAL STROKE ASSESSMENT SCALES (CONTINUED)

### SEVERITY SCALES FOR LARGE VESSEL OCCLUSION

Why you can't have a perfect scale:

- Up to 29% of patient with baseline of NIHSS =0 had a proximal occlusion on CTA
- Most scales are subsets of NIHSS scores
- Patients with ICH, post seizure paralysis, hyperglycemia in the field can have high NIHSS

## PREHOSPITAL STROKE ASSESSMENT SCALES (CONTINUED)

### RAPID ARTERIAL OCCLUSION EVALUATION SCALE (RACE)

- This tool is based on the items of the NIHSS with the highest predictive value for large vessel occlusion (LVO).
- Focuses on facial palsy, extremity motor function, head and gaze deviation, and aphasia or agnosia.
- The RACE scale score range is 0-9 points
- RACE scale score >5 points is associated with detection of a LVO
- RACE has as a sensitivity of 85% and specificity of 68%



### RAPID ARTERIAL OCCLUSION EVALUATION SCALE (RACE)

ITEM	INSTRUCTION	SCORE
Facial palsy	Ask patient to smile	Absent = 0 Mild = 1 Moderate to severe = 2
Arm motor function	Extend patient's arm 90 degrees if sitting; 45 degrees if supine	Normal to mild = 0 Moderate = 1 Severe = 2
Leg motor function	Extend patient's leg 30 degrees in supine position	Normal to mild = 0 Moderate = 1 Severe = 2
Head and gaze deviation	Observe deviation to one side	Absent = 0 Present = 1
Aphasia (right side)	Ask patient to close their eyes and make a fist	Normal = 0 Moderate = 1 Severe = 2
Agnosia (left side)	Ask patient to recognize familiar objects	Normal = 0 Moderate = 1 Severe = 2

## ACUTE ASSESSMENT SCALES

### GLASGOW COMA SCALE (GCS)

- Identifies ocular, verbal, and motor response to examination
- Tool is used to communicate the level of consciousness (LOC) of patients with an acute brain injury
- The scale was developed to complement and not replace assessments of other neurological functions
- **Strength:** Fast and easy to use
- **Limitation:** Developed as a trauma scale. Stroke patient with plegic arm can be scored a 6 on the motor response if they follow commands



15

15

### Glasgow Coma Scale

<b>OPENS EYES</b>	Spontaneous	4
	To verbal command	3
	To pain	2
	No response	1
<b>BEST MOTOR RESPONSE</b>	Obeys verbal command	6
	Localizes to pain	5
	Flexion withdrawal to pain	4
	Flexion abnormal to pain	3
	Extension to pain	2
	No response	1
<b>BEST VERBAL RESPONSE</b>	Oriented, converses	5
	Disoriented, converses	4
	Inappropriate words	3
	Incomprehensible sounds	2
	No response	1
<b>TOTAL</b>	3 – 15	3 – 15

16

16

## ACUTE ASSESSMENT SCALES

### Emergency Evaluation 2.1 Stroke Scales

Standardized severity scales quantify neurologic deficit.

- Facilitate communication
- Identify patients for acute treatments
- Monitor for improvement or worsening

#### *National Institute of Health Stroke Scale*

- Preferred severity scale
  - Rapid
  - Accurate
  - Reliable
  - Can be performed by broad spectrum of providers

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17

17

## ACUTE ASSESSMENT SCALES

### NATIONAL INSTITUTES OF HEALTH STROKE SCALE (NIHSS)

- Uses a 11 Item scale to measure neurological impairment
- Originally developed to be a research tool for Alteplase patients to determine 90 day outcomes
- NIHSS has become the “gold standard” scale in clinical trials and as part of clinical practice in the United States
- Baseline NIHSS scores are predictive values of an acute stroke patient’s clinical outcomes
- Quality metric for PSC, TSC and CSC Certifications
- Score what the patient does, not what you think they can do



18

18

## NATIONAL INSTITUTES OF HEALTH STROKE SCALE (NIHSS)

Item	Title	Responses and Scores	Item	Title	Responses and Scores
1a.	Level of consciousness	0—alert 1—drowsy 2—obtunded 3—coma/unresponsive	6.	Motor function (leg)	0—no drift 1—drift before 5 seconds 2—falls before 5 seconds 3—no effort against gravity 4—no movement
1b.	Orientation questions (2)	0—answers both correctly 1—answers one correctly 2—answers neither correctly	a. Left		
1c.	Response to commands (2)	0—performs both tasks correctly 1—performs one task correctly 2—performs neither	b. Right		
2.	Gaze	0—normal horizontal movements 1—partial gaze palsy 2—complete gaze palsy	7.	Limb ataxia	0—no ataxia 1—ataxia in 1 limb 2—ataxia in 2 limbs
3.	Visual fields	0—no visual field defect 1—partial hemianopia 2—complete hemianopia 3—bilateral hemianopia	8.	Sensory	0—no sensory loss 1—mild sensory loss 2—severe sensory loss
4.	Facial movement	0—normal 1—minor facial weakness 2—partial facial weakness 3—complete unilateral palsy	9.	Language	0—normal 1—mild aphasia 2—severe aphasia 3—mute or global aphasia
5.	Motor function (arm)	0—no drift 1—drift before 10 seconds 2—falls before 10 seconds 3—no effort against gravity 4—no movement	a. Left		
			b. Right		
			10.	Articulation	0—normal 1—mild dysarthria 2—severe dysarthria
			11.	Extinction or inattention	0—absent 1—mild loss (1 sensory modality lost) 2—severe loss (2 modalities lost)

Scoring range is 0-42 points. The higher the number, the greater the severity.

Score	Stroke Severity
0	No stroke symptoms
1-4	Minor stroke
5-15	Moderate stroke
16-20	Moderate to severe stroke
21-42	Severe stroke



19

19

## ACUTE ASSESSMENT SCALES

### NATIONAL INSTITUTES OF HEALTH STROKE SCALE (NIHSS)

- **Strength:** Reliable tool to rapidly assess effects of stroke
  - Medical providers and registered nurses expertly trained in the use of the scale are proven to have similar levels of accuracy
  - Further reliability improved through the use of a standard training video
- **Limitation:** Tool does not capture ALL stroke-related impairments
  - Unsteady gait, dizziness, or diplopia attributed to posterior circulation stroke
  - More complicated with patient in coma, intubated or aphasic



20

20

## ACUTE ASSESSMENT SCALES

### NATIONAL INSTITUTES OF HEALTH STROKE SCALE (NIHSS)

- **Limitation: Difference between Left and Right Stroke scoring**
  - Heavily weighted to Left Stroke: 0-5 points for language
  - Case Study: Joe, police officer
    - Slurred speech, facial droop, right arm and leg weakness
    - Scoring 4 -10 depending on severity
  - Case Study: Sherry, retired teacher
    - Sudden onset headache, difficulty walking, nausea and left field visual cut
    - Score = 2

## ACUTE ASSESSMENT SCALES

### NATIONAL INSTITUTES OF HEALTH STROKE SCALE (NIHSS)

- **Avoid "Too Good to Treat"**
  - Disability Questions
    - Will this stroke impact how you perform your regular activities and hobbies?
    - Will you be able to return to work as normal?
    - Are you right or left handed?

## ACUTE ASSESSMENT SCALES

### MODIFIED NATIONAL INSTITUTES OF HEALTH STROKE SCALE

- Shortened, validated version of the NIHSS
  - Created in 2001, goal of both simplifying the scale, improving its reproducibility and providing more relevance to each assigned point
  - 1A, 7 and 10 are eliminated, and 3 and 4 are combined
  - Same correlation with clinical outcomes as the NIHSS but with better interrater reliability
  - Performs as well as the original score in predicting patients at high risk of hemorrhage if given tPA and which patients are likely to have good clinical outcomes.

23

23

## ACUTE ASSESSMENT SCALES

### MODIFIED NATIONAL INSTITUTES OF HEALTH STROKE SCALE

- Shortened, validated version of the NIHSS
  - Per Joint Commission Surveyors: Use validated version, do not create your own version.
  - Many organizations use for their basic neuro checks
  - Need to ensure all presenting symptoms are assessed with each neuro check

24

24

## ACUTE ASSESSMENT SCALES

### INTRACEREBRAL HEMORRHAGE SCALE (ICH SCORE)

- Uses a 5-item scale
- Predictor of 30 day mortality
- Developed to standardize clinical grading to improve communication and consistency between healthcare providers.
- **Sensitivity** = 66% in predicting 30 day mortality

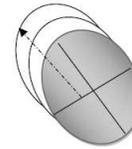
#### Intracerebral Hemorrhage Volume

XYZ/2 = volume in CC<sup>3</sup> (ml)

X = largest width in cm

Y = largest length in cm

Z = (# slices) (image slice width in cm)



#### Intracerebral Hemorrhage Score

Glasgow Coma Score	3 – 4	2
	5 – 12	1
	13 – 15	0
ICH Volume	≥ 30cc	1
	< 30cc	0
Intraventricular Hemorrhage	yes	1
	no	0
Infratentorial Hemorrhage	yes	1
	no	0
Age	≥ 80 years	1
	< 80 years	0
<b>Total</b>		<b>0 – 6</b>

Stroke 2001; 32:891



25

25

## FUNCTIONAL ASSESSMENT SCALES

### BERG BALANCE SCALE (BBS)

- 14-item scale designed to measure the balance of older patients in the clinical setting
- Scoring range is 0-4 points. The greater the number, the higher the level of function.
  - **41-56** = Independent
  - **21-40** = Walking with assistance
  - **0-20** = Wheelchair bound
- **Sensitivity** = 91% and **Specificity** = 82%

Patient with a score < 55 and history of falls is at a greater risk of falling

Patient with a score < 40 has a 100% risk of falling



26

26

**BERG  
BALANCE  
SCALE**

Patient Name: \_\_\_\_\_  
 Rater Name: \_\_\_\_\_  
 Date: \_\_\_\_\_

Score (0-4)

Balance Item	Score (0-4)
1. Sitting unsupported	_____
2. Change of position: sitting to standing	_____
3. Change of position" standing to sitting	_____
4. Transfers	_____
5. Standing unsupported	_____
6. Standing with eyes closed	_____
7. Standing with feet together	_____
8. Tandem standing	_____
9. Standing on one leg	_____
10. Turning trunk (feet fixed)	_____
11. Retrieving objects from floor	_____
12. Turning 360 degrees	_____
13. Stool stepping	_____
14. Reaching forward while standing	_____
<b>TOTAL (0-56):</b>	_____

**Interpretation**

0-20, wheelchair bound  
 21-40, walking with assistance  
 41-56, independent



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27

## FUNCTIONAL ASSESSMENT SCALES

### MODIFIED RANKIN SCALE(mRS)

- 7-grade scale measuring functional independence and gait stability
- mRS has been used to measure stroke outcomes and functional impact post-stroke
- The scale is used a "core metric" of Comprehensive Stroke Centers; evaluating 90-day clinical outcomes of post-IV tPA (Alteplase) or endovascular intervention (EVT) patients
- A mRS score appears to show moderate correlation with the volume of cerebral infarction
- Good Outcome: 0-2






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28

### Modified Rankin Score: Disability Score

Can the patient walk without the assistance of a person? (may use a cane or walker)

- NO → 5 **Severe:** bed-bound, incontinent, requiring 24-hour care and supervision
- YES ↓ NO → 4 **Mod-severe:** not bed-bound but requires the assistance of a person to walk, unable to attend to own bodily needs without assistance, might be able to be left alone for a few hours a day

Can the patient live alone without any help from another person? (independent in ADLs, preparing meals and managing finances)

- NO → 3 **Moderate:** can walk without a person but needs assistance, might be able to be left alone for a few days at a time, could not live alone
- YES ↓

Is the patient back to all prestroke activities? (albeit slower or modified in some fashion)

- NO → 2 **Slight:** unable to carry out usual activities, usually able to look after own affairs, able to live alone with some outside assistance
- YES ↓

Did the stroke symptoms completely resolve?

- NO → 1 **No significant disability:** despite residual symptoms from stroke, able to return to all usual duties and responsibilities
- YES ↓ NO → 0 **No stroke symptoms:** at all (may have other complaints)

Stroke 2010; 41:1048



29

29

## OUTCOME ASSESSMENT SCALES

### BARTHEL INDEX (BI)

- The index measures 10 basic aspects of self-care and patient's physical dependency.
- A normal Barthel Index score = **100**
  - >60 = Assisted independence
  - <40 = Severe dependency
- **Strength:** An excellent validity and reliability rate and widely used for stroke.
- **Limitation:** A low sensitivity for high-level functioning or chronically disabled.



30

30

**Barthel Activities of Daily Living Index:**  
Score what the patient actually does, not what you think he or she can do.

<b>Feeding</b>	10 normal food, served but not cut up by others 5 requires assist, supervision or modified diet 0 dependent
<b>Dressing</b>	10 independent, can use devices 5 requires assist, can do >50 percent alone 0 dependent
<b>Grooming</b>	5 independent 0 requires assist or supervision
<b>Bathing</b>	5 independent, alone 0 requires assist or supervision
<b>Transfers</b>	15 independent transfers 10 requires one-person assist or supervision 5 can sit, needs two-person assist 0 cannot sit or transfer without max assist
<b>Mobility</b>	15 walks 150 feet independently 10 walks 150 feet with assist or rolling walker 5 propels a wheelchair 150 feet 0 cannot complete a 150-foot distance
<b>Stairs</b>	10 independent, one flight, must carry walking aid 5 requires assist or supervision for one flight 0 cannot ascend one flight
<b>Toilet Use</b>	10 independent, alone 5 requires assist, can do >50 percent alone 0 requires assist, does <50 percent alone
<b>Bladder</b>	10 no accidents or self-care of collecting device 5 occasional accidents <one per day 0 accidents daily or more
<b>Bowel</b>	10 no accidents 5 occasional accidents <one per week 0 accidents weekly or more

**BARTHEL ADL INDEX: GUIDELINES**

- The index should be used as a record of what a patient does, not as a record of what a patient could do.
- The main aim is to establish degree of independence from any help, physical or verbal, however minor and for whatever reason.
- The need for supervision renders the patient not independent.
- A patient's performance should be established using the best available evidence. Asking the patient, friends/relatives and nurses are the usual sources, but direct observation and common sense are also important. However, direct testing is not needed.
- Usually the patient's performance over the preceding 24-48 hours is important, but occasionally longer periods will be relevant.
- Middle categories imply that the patient supplies over 50% of the effort.
- Use of aids to be independent is allowed.



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## OUTCOME ASSESSMENT SCALES

### GLASGOW OUTCOME SCALE (GOS)

- Global scale evaluating functional outcome of patients status post traumatic brain injury
- GOS predicts the long-term course of rehabilitation to return to work and everyday life
- The scale rates a
  - Severe injury or death without recovery of consciousness
  - Death → Severe damage with prolonged state of unresponsiveness; lack of mental functions
  - Vegetative state → Severe injury with permanent need for help with daily living
  - Severe disability → No need for assistance, employment is possible but may require special equipment
  - Moderate disability → Light damage with minor neurological and psychological deficits
  - Good recovery

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## GLASGOW OUTCOME SCALE

Patient Name: \_\_\_\_\_  
 Rater Name: \_\_\_\_\_  
 Date: \_\_\_\_\_



*Note:* The scale presented here is based on the original article by Jennett and Bond. It has become common practice in clinical trial administration, however, to use a modified version that places the scores in reverse order (i.e., "good recovery" = 1, "moderate disability" = 2, etc.).

Score	Description
1	DEATH
2	PERSISTENT VEGETATIVE STATE Patient exhibits no <i>obvious cortical</i> function.
3	SEVERE DISABILITY (Conscious but disabled). Patient depends upon others for daily support due to mental or physical disability or both.
4	MODERATE DISABILITY (Disabled but independent). Patient is independent as far as daily life is concerned. The disabilities found include varying degrees of dysphasia, hemiparesis, or ataxia, as well as intellectual and memory deficits and personality changes.
5	GOOD RECOVERY Resumption of normal activities even though there may be minor neurological or psychological deficits.

TOTAL (1-5): \_\_\_\_\_

33

33

## OTHER DIAGNOSTIC & SCREENING SCALES

### HACHINSKI ISCHAEMIA SCORE (HIS)

- 13-item scale used for differentiating various types of dementia
- A high HIS score of 7 or greater = vascular dementia
- A low HIS score of 6 or less = a non-vascular dementia neurological change
- Valid in predicting a true diagnosis based on acceptable sensitivity and specificity defining vascular dementia.
- Research suggests that high HIS scores may indicate the presence of another vascular factor, such as stroke, as the cause for a patients decrease in cognitive function





34

34

### HACHINSKI ISCHAEMIA SCORE

Feature	Score	Feature	Score
Abrupt onset	2	Emotional incontinence	1
Stepwise deterioration	1	History of hypertension	1
Fluctuating course	2	History of strokes	2
Nocturnal confusion	1	Evidence of associated atherosclerosis	1
Relative preservation of personality	1	Focal neurological symptoms	2
Depression	1	Focal neurological signs	2
Somatic complaints	1		

**TOTAL SCORE** \_\_\_\_

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

Rater Name: \_\_\_\_\_

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



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## OTHER DIAGNOSTIC & SCREENING SCALES

### PATIENT HEALTH QUESTIONNAIRE-2 (PHQ2):

- The purpose of the PHQ-2 is to screen for depression in a “first-step” approach, not to assess depression severity.
- A PHQ-2 score ranges from 0-6. The authors identified a score of 3 as the optimal cutpoint when using the PHQ-2 to screen for depression.
- If the score is 3 or greater, major depressive disorder is likely.
- Patients who screen positive should be further evaluated with the PHQ-9, other diagnostic instruments, or direct interview to determine whether they meet criteria for a depressive disorder
- A PHQ-2 score of 3 or greater has a sensitivity for major depression of 83%, a specificity of 90%
- **Limitation:** Not validated in an inpatient setting






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## OTHER DIAGNOSTIC & SCREENING SCALES

### PATIENT HEALTH QUESTIONNAIRE-2 (PHQ2):

Over the <b>last 2 weeks</b> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
2. Feeling down, depressed or hopeless	<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3

37

37

## OTHER DIAGNOSTIC & SCREENING SCALES

### PATIENT HEALTH QUESTIONNAIRE-9 (PHQ9):

- The PHQ-9 is a multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression
- PHQ-9 score ranges from 0 to 27 for 9 items
- Advantages of the PHQ-9
  - Shorter than other depression rating scales
  - Can be administered in person by a clinician, by telephone, or self-administered
  - Facilitates diagnosis of major depression
  - Provides assessment of symptom severity
  - Is well validated and documented in a variety of populations
  - Can be used in adolescents as young as 12 years of age
- Question 9 is a single screening question on suicide risk. A patient who answers yes to question 9 needs further assessment for suicide risk by an individual who is competent to assess this risk.
- Score of 10 or greater, has sensitivity for major depression of 88%, a specificity of 88%
- **Limitation:** Limited in identifying individuals with anxiety disorders. Not been examined for administration to psychiatric patients.



38

38

## OTHER DIAGNOSTIC & SCREENING SCALES

### PATIENT HEALTH QUESTIONNAIRE-9 (PHQ9):

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things.....	0	1	2	3
2. Feeling down, depressed, or hopeless.....	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.....	0	1	2	3
4. Feeling tired or having little energy.....	0	1	2	3
5. Poor appetite or overeating.....	0	1	2	3
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down.....	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.....	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual.....	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way.....	0	1	2	3

(For office coding: Total Score \_\_\_\_ = \_\_\_\_ + \_\_\_\_ + \_\_\_\_)

39

39

## OTHER DIAGNOSTIC & SCREENING SCALES

### PATIENT HEALTH QUESTIONNAIRE-9 (PHQ9):

#### Interpretation

Provisional Diagnosis and Proposed Treatment Actions		
PHQ-9 Score	Depression Severity	Proposed Treatment Actions
0 - 4	None-minimal	None
5 - 9	Mild	Watchful waiting; repeat PHQ-9 at follow-up
10 - 14	Moderate	Treatment plan, considering counseling, follow-up and/or pharmacotherapy
15 - 19	Moderately Severe	Active treatment with pharmacotherapy and/or psychotherapy
20 - 27	Severe	Immediate initiation of pharmacotherapy and, if severe impairment or poor response to therapy, expedited referral to a mental health specialist for psychotherapy and/or collaborative management

40

40

## OTHER DIAGNOSTIC & SCREENING SCALES

### HAMILTON RATING SCALE FOR DEPRESSION (HAM-D)

- 17-item questionnaire used to evaluate for depression and evaluate a patient's recovery status.
- Score of 0-7 is normal while a score of 20 or high is indicating a least moderate severity
- Designed for adults and rates the severity of individual patient depression by examining; mood, feelings of guilt, thoughts of suicide, insomnia, agitation, cognitive delay, anxiety, loss of weight, and somatic symptoms.
- **Limitation:** Focuses on insomnia; rather than feelings of hopelessness, suicidal ideation or action.



Activity	Score
<b>HAMILTON RATING SCALE FOR DEPRESSION</b> Patient Name: _____ Rater Name: _____ Date: _____	
<b>Depressed mood</b> Sad, hopeless, helpless, worthless 0 = Absent 1 = Gloomy attitude, pessimism, hopelessness 2 = Occasional weeping 3 = Frequent weeping 4 = Patient reports highlight these feelings states in his/her spontaneous verbal and non-verbal communication.	_____
<b>Feelings of guilt</b> 0 = Absent 1 = Self-reproach, feels he/she has let people down 2 = Ideas of guilt or rumination over past errors or sinful deeds 3 = Present illness is punishment 4 = Hears accusatory or denunciatory voices and/or experiences threatening visual hallucinations. Delusions of guilt.	_____
<b>Suicide</b> 0 = Absent 1 = Feels life is not worth living 2 = Wishes he/she were dead, or any thoughts of possible death to self 3 = Suicide, ideas or half-hearted attempt 4 = Attempts at suicide (any serious attempt rates 4)	_____
<b>Insomnia, early</b> 0 = No difficulty falling asleep 1 = Complaints of occasional difficulty in falling asleep i.e. more than half-hour 2 = Complaints of nightly difficulty falling asleep	_____
<b>Insomnia, middle</b> 0 = No difficulty 1 = Patient complains of being restless and disturbed during the night 2 = Walking during the night – any getting out of bed rates 2 (except voiding bladder)	_____
<b>Insomnia, late</b> 0 = No difficulty 1 = Waking in the early hours of the morning but goes back to sleep 2 = Unable to fall asleep again if he/she gets out of bed	_____
Page 1 Score _____	

<b>Work and activities</b> 0 = No difficulty 1 = Thoughts and feelings of incapacity related to activities: work or hobbies 2 = Loss of interest in activity – hobbies or work – either directly reported by patient or indirectly seen in listlessness, in decisions and vacillation (feels he/she has to push self to work or activities) 3 = Decrease in actual time spent in activities or decrease in productivity. In hospital, rate 3 if patient does not spend at least three hours a day in activities 4 = Stopped working because of present illness. In hospital rate 4 if patient engages in no activities except supervised ward chores	_____
<b>Retardation</b> Slowness of thought and speech; impaired ability to concentrate; decreased motor activity 0 = Normal speech and thought 1 = Slight retardation at interview 2 = Obvious retardation at interview 3 = Interview difficult 4 = Interview impossible	_____
<b>Agitation</b> 0 = None 1 = Fidgetiness 2 = Plying with hands, hair, obvious restlessness 3 = Moving about; can't sit still 4 = Hand wringing, nail biting, hair pulling, biting of lips, patient is on the run	_____
<b>Anxiety, psychic</b> Demonstrated by: • subjective tension and irritability, loss of concentration • worrying about minor matters • apprehension • fears expressed without questioning • feelings of panic • feeling jumpy 0 = Absent 1 = Mild 2 = Moderate 3 = Severe 4 = Incapacitating	_____
Page 2 Score _____	

**Anxiety, somatic**  
Physiological concomitants of anxiety such as:

- gastrointestinal: dry mouth, wind, indigestion, diarrhea, cramps, belching
- cardiovascular: palpitations, headaches
- respiratory: hyperventilation, sighing
- urinary frequency
- sweating
- giddiness, blurred vision
- tinnitus

0 = Absent  
1 = Mild  
2 = Moderate  
3 = Severe  
4 = Incapacitating

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**Somatic symptoms: gastrointestinal**

0 = None  
1 = Loss of appetite but eating without encouragement  
2 = Difficulty eating without urging. Requests or requires laxatives or medication for GI symptoms

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**Somatic symptoms: general**

0 = None  
1 = Heaviness in limbs, back or head; backaches, headaches, muscle aches, loss of energy, fatigability  
2 = Any clear-cut symptom rates 2

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**General Symptoms**  
Symptoms such as: loss of libido, menstrual disturbances

0 = Absent  
1 = Mild  
2 = Severe

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**Hypochondriasis**

0 = Not present  
1 = Self-absorption (bodily)  
2 = Preoccupation with health  
3 = Strong conviction of some bodily illness  
4 = Hypochondriacal delusions

**Loss of Weight**  
Rate either 'A' or 'B':

**A When rating by history:**  
0 = No weight loss  
1 = Probable weight loss associated with present illness  
2 = Definite (according to patient) weight loss

**B Actual weight changes (weekly):**  
0 = Less than 1 lb (0.5 kg) weight loss in one week  
1 = 1-2 lb (0.5 kg-1.0 kg) weight loss in week  
2 = Greater than 2 lb (1 kg) weight loss in week  
3 = Not assessed

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**Insight**

0 = Acknowledges being depressed and ill  
1 = Acknowledges illness but attributes cause to bad food, overwork, virus, need for rest, etc.  
2 = Denies being ill at all

Page 4 Score \_\_\_\_\_

TOTAL Score \_\_\_\_\_



American Stroke Association.  
A division of the American Heart Association.

Page 3 Score \_\_\_\_\_

43

## WHAT SCALE TO USE?

- Most Common:
  - CPS
  - NIHSS
  - mRS
  - Barthel
- No one scale fits every situation
- Which scale you use should be based on the question you are trying to answer and the scales properties.
- They do not always tell the whole story



Stroke Coordinator  
BOOT CAMP



American Stroke Association.  
A division of the American Heart Association.

Page 4 Score \_\_\_\_\_

TOTAL Score \_\_\_\_\_

44

THANK YOU

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