

CONSULTANTS IN NEUROLOGY, S.C.

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UNIFIED PARKINSON'S DISEASE RATING SCALE

Today's Date

Last Name First MI

Date of Birth Age

GENERAL PATIENT INFORMATION

You must complete or already have on file the **patient medical history short form** or **long form**. Please make sure that all of the information on your medical history form is updated including phone numbers, addresses and insurance information.

Answer the following questions in **Section I. and Section II.** and bring the answers to your appointment.

PRESENT ILLNESS – PARKINSON'S DISEASE

Weight

Height

Blood Pressure – Supine

Pulse

Blood Pressure – Sitting

Pulse

Blood pressure – Standing

Pulse

I. MENTATION, BEHAVIOR AND MOOD

1. INTELLECTUAL IMPAIRMENT

- [0] None
- [1] Mild, consistent forgetfulness with partial recollection of events and no other difficulties
- [2] Moderate memory loss, with disorientation and moderate difficulty handling complex problems
- [3] Severe memory loss with disorientation for time and often to place; severe impairment in handling problems
- [4] Severe memory loss with orientation preserved to person only; unable to make judgments or solve problems; requires much help with personal care; cannot be left alone at all

2. THOUGHT DISORDER (due to dementia or drug intoxication)

- [0] None
- [1] Vivid dreaming
- [2] "Benign" hallucinations or delusions with insight retained
- [3] Occasional to frequent hallucinations or delusions; without insight; could interfere with daily Activities
- [4] Persistent hallucinations, delusions or florid psychosis; not able to care for self

3. DEPRESSION

- [0] Not present
- [1] Periods of sadness or guilt greater than normal, never sustained for days or weeks
- [2] Sustained depression (1 week or more)
- [3] Sustained depression with vegetative symptoms (insomnia, anorexia, weight loss, loss of interest)
- [4] Sustained depression with vegetative symptoms and suicidal thoughts or intent

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4. MOTIVATION / INITIATIVE

- [0] Normal
- [1] Less assertive than usual; more passive
- [2] Loss of initiative or disinterest in day-to-day (non-routine) activities
- [3] Loss of initiative or disinterest in day-to-day (routine) activities
- [4] Withdrawn, complete loss of motivation

TOTAL SCORE – MENTATION

II. ACTIVITIES OF DAILY LIVING (Determine for “ON” or “OFF”)

5. On Off SPEECH

- [0] Normal
- [1] Mildly affected; no difficulty being understood
- [2] Moderately affected; sometimes asked to repeat statements
- [3] Severely affected; frequently asked to repeat statements
- [4] Unintelligible most of the time

6. On Off SALIVATION

- [0] Normal
- [1] Slight but definite excess of saliva in mouth; may have nighttime drooling
- [2] Moderately excessive saliva; may have minimal drooling
- [3] Marked excess of saliva with some drooling
- [4] Marked drooling, requires constant tissue or handkerchief

7. On Off SWALLOWING

- [0] Normal
- [1] Rare choking
- [2] Occasional choking
- [3] Requires soft food
- [4] Requires NG tube or gastrostomy feeding

8. On Off HANDWRITING

- [0] Normal
- [1] Slightly slow or small
- [2] Moderately slow or small; all words are legible
- [3] Severely affected; not all words are legible
- [4] The majority of words are not legible

9. On Off CUTTING FOOD / HANDLING UTENSILS

- [0] Normal
- [1] Somewhat slow and clumsy, but no help needed
- [2] Can cut most foods, although clumsy and slow; some help needed
- [3] Food must be cut by someone, but can still feed slowly
- [4] Needs to be fed

10. On Off DRESSING

- [0] Normal
- [1] Somewhat slow, but no help needed
- [2] Occasional assistance with buttoning, getting arms in sleeves
- [3] Considerable help required, but can do some things alone
- [4] Helpless

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11. On Off HYGIENE

- [0] Normal
- [1] Somewhat slow, but no help needed
- [2] Some help to shower or bathe; or very slow in hygienic care
- [3] Requires assistance for washing, brushing teeth, combing hair, going to bathroom
- [4] Foley catheter or other mechanical aids

12. On Off TURNING IN BED / ADJUSTING BED CLOTHES

- [0] Normal
- [1] Somewhat slow and clumsy, but no help needed
- [2] Can turn alone or adjust sheets, but with great difficulty
- [3] Can initiate, but not turn or adjust sheets alone
- [4] Helpless

13. On Off FALLING (Unrelated to freezing)

- [0] None
- [1] Rare falling
- [2] Occasionally falls, less than once per day
- [3] Falls on average of once daily
- [4] Falls more than once daily

14. On Off FREEZING WHEN WALKING

- [0] None
- [1] Rare freezing when walking; may have start hesitation
- [2] Occasional freezing when walking
- [3] Frequent freezing; occasionally falls from freezing
- [4] Frequent falls from freezing

15. On Off WALKING

- [0] Normal
- [1] Mild difficulty; may not swing arms or may tend to drag leg
- [2] Moderate difficulty, but requires little or no assistance
- [3] Severe disturbance of walking, requiring assistance
- [4] Cannot walk at all, even with assistance

16. On Off TREMOR – RIGHT

On Off TREMOR – LEFT

- [0] Absent
- [1] Slight and infrequently present
- [2] Moderate; bothersome to patient
- [3] Severe; interferes with many activities
- [4] Marked; interferes with most activities

17. On Off SENSORY COMPLAINTS RELATED TO PARKINSONISM

- [0] None
- [1] Occasionally has numbness, tingling or mild aching
- [2] Frequently has numbness, tingling or aching; not distressing
- [3] Frequent painful sensations
- [4] Excruciating pain

TOTAL SCORE - ACTIVITIES OF DAILY LIVING

ON

OFF

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III. MOTOR EXAMINATION

18. SPEECH

- [0] Normal
- [1] Slight loss of expression, dictation and/or volume
- [2] Monotone, slurred but understandable; moderately impaired
- [3] Marked impairment, difficult to understand
- [4] Unintelligible

19. FACIAL EXPRESSION

- [0] Normal
- [1] Minimal hypomimia, could be normal "poker face"
- [2] Slight but definitely abnormal diminution of facial expression
- [3] Moderate hypomimia, lips parted some of the time
- [4] Masked or fixed faces with severe or complete loss of facial expression; lips parted ¼ inch or more

20. TREMOR AT REST – JAW

- [0] Absent
- [1] Slight and infrequently present
- [2] Mild in amplitude and persistent, or moderate in amplitude but only intermittently present
- [3] Moderate in amplitude and present most of the time
- [4] Marked in amplitude and present most of the time

21. ACTION OR POSTURAL TREMOR OF HANDS R L

- [0] Absent
- [1] Slight and infrequently present
- [2] Moderate in amplitude, present with action
- [3] Moderate in amplitude with posture holding as well as action
- [4] Marked in amplitude; interferes with feeding

22. RIGIDITY (Judged on passive movement of major joints with patient relaxed in sitting position, cogwheeling to be ignored)

LUE RUE NECK
LLE RLE

- [0] Absent
- [1] Slight or detectable only when activated by mirror or other minor movements
- [2] Mild to moderate
- [3] Marked, but full range of motion easily achieved
- [4] Severe, range of motion achieved with difficulty

23. FINGER TAPS (Patient taps thumb with index finger in rapid succession with widest amplitude possible, each hand separately)

R L

- [0] Normal ($\geq 15/5$ sec.)
- [1] Mild slowing and/or reduction in amplitude (11-15/4 sec.)
- [2] Moderately impaired; definite and early fatiguing; may have occasional arrests in movement (7-10/5 sec.)
- [3] Severely impaired; frequent hesitation in initiating movement or arrests in ongoing movement (3-6/5 sec.)
- [4] Can barely perform the task

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25. RAPID ALTERNATING MOVEMENT OF HANDS (Pronation/supination movements of hands, vertically or horizontally, with as large an amplitude as possible, both hands imultaneously)

R L

- [0] Normal
- [1] Mild slowing and/or reduction in amplitude
- [2] Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- [3] Severely impaired; frequent hesitation in initiating movement or arrests in ongoing movement
- [4] Can barely perform the task

26. FOOT AGILITY (Patient taps heel on ground in rapid succession, picking up entire foot; amplitude should be about 3 inches)

R L

- [0] Normal
- [1] Mild slowing and/or reduction in amplitude
- [2] Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- [3] Severely impaired; frequent hesitation in initiating movement or arrests in ongoing movement
- [4] Can barely perform the task

27. ARISING FROM CHAIR (Patient attempts to arise from a straight-backed wood or metal chair with arms folded across chest)

- [0] Normal
- [1] Slow; or may need more than one attempt
- [2] Pushes self up from arms of seat
- [3] Tends to fall back and may have to try more than one time, but can get up without help
- [4] Unable to arise without help

28. POSTURE

- [0] Normal erect
- [1] Not quite erect; slightly stooped posture; could be normal for older person
- [2] Moderately stooped posture, definitely abnormal; can be slightly to one side
- [3] Severely stooped posture with kyphosis; can be moderately leaning to one side
- [4] marked flexion with extreme abnormality of posture

29. GAIT

- [0] Normal
- [1] Walks slowly, may shuffle with short steps but no festination or propulsion
- [2] Walks with difficulty, but requires little or no assistance; may have some festination short steps, or propulsion
- [3] Severe disturbance of gait, requiring assistance
- [4] Cannot walk at all, even with assistance

30. POSTURAL STABILITY (Response to sudden posterior displacement produced by pull on shoulders while patient erect with eyes open and feet slightly apart; patient is prepared)

- [0] Normal
- [1] Retropulsion, but recovers unaided
- [2] Absence of postural response, would fall if not caught by examinaer
- [3] Very unstable, tends to lose balance spontaneously
- [4] Unable to stand without assistance

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- 31. BODY BRADYKINESIA AND HYPOKINESIA (Combining slowness, hesitancy, decreased arm swing, small amplitude, and poverty of movement in general)**
- [0] None
 - [1] Minimal slowness, giving movement a deliberate character, could be normal for some persons; possible reduced amplitude
 - [2] Mild degree of slowness and poverty of movement which is definitely abnormal; alternatively, some reduced amplitude
 - [3] Moderate slowness, poverty or small amplitude of movement
 - [4] Marked slowness, poverty or small amplitude of movement

TOTAL SCORE – MOTOR EXAMINATION

IV. COMPLICATIONS OF THERAPY (In the past week)

A. DYSKINESIAS Severity at present time:

32. DURATION – What proportion of the waking day are dyskinesia present? (Historical information)

- [0] None
- [1] 1 – 25% of the day
- [2] 26 – 50% of the day
- [3] 51 – 75% of the day
- [4] 76 – 100% of the day

33. DURATION – How disabling are the dyskinesias? (Historical information may be modified by office examination)

- [0] Not disabling
- [1] Mildly disabling
- [2] Moderately disabling
- [3] Severely disabling
- [4] Completely disabling

34. PAINFUL DYSKINESIAS – How painful are the dyskinesias?

- [0] No painful dyskinesias
- [1] Slight
- [2] Moderate
- [3] Severe
- [4] Marked

35. PRESENCE OF EARLY MORNING DYSKINESIAS (Historical information)

- [0] No
- [1] Yes

B. CLINICAL FLUCTUATIONS

36. Are any “off” periods predictable as to timing after a dose of medications?

- [0] No
- [1] Yes

37. Are any “off” periods unpredictable as to timing after a dose of medications?

- [0] No
- [1] Yes

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38. Do any of the “off” periods come on suddenly, e.g., over a few seconds?

[0] No

[1] Yes

39. What proportion of the waking day is the patient “off” on average?

[0] None

[1] 1 – 25% of the day

[2] 26 – 50% of the day

[3] 51 – 75% of the day

[4] 76 – 100% of the day

C. OTHER COMPLICATIONS

40. Does the patient have anorexia, nausea or vomiting?

[0] No

[1] Yes

41. Does the patient have any sleep disturbances, e.g., insomnia or hypersomnolence?

[0] No

[1] Yes

42. Does the patient have symptomatic orthostasis?

[0] No

[1] Yes

TOTAL SCORE – COMPLICATIONS OF THERAPY

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V. HAMILTON DEPRESSION SCORE

Grading =
0 Absent
1 Mild or trivial
2 Moderate
3 Moderate
4 Severe

0	1	2	3	4	Depressed mood
0	1	2	3	4	Anxiety, psychic
0	1	2	3	4	Anxiety, somatic
0	1	2	3	4	Guilt
0	1	2	3	4	Suicide
0	1	2	3	4	Hypochondriasis
0	1	2	3	4	Work and interests
0	1	2	3	4	Retardation
0	1	2	3	4	Depersonalization
0	1	2	3	4	Paranoid symptoms

Grading
0 Absent
1 Slight or doubtful
2 Clearly present

0	1	2	Insomnia, initial
0	1	2	Insomnia, middle
0	1	2	Insomnia, delayed
0	1	2	Agitation
0	1	2	Somatic symptoms, gastrointestinal
0	1	2	Somatic symptoms, general
0	1	2	Genital symptoms
0	1	2	Loss of insight
0	1	2	Loss of weight
0	1	2	Diurnal variation
0	1	2	Obsessional symptoms

TOTAL SCORE - HAMILTON DEPRESSION

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VI. MODIFIED HOEHN AND YAHR STAGING

Stage 0	No signs of disease
Stage 1	Unilateral disease
Stage 1.5	Unilateral plus axial involvement
Stage 2	Bilateral disease, without impairment of balance
Stage 2.5	Mild bilateral disease with recovery on pull test
Stage 3	Mild to moderate bilateral disease; some postural instability; physically independent
Stage 4	Severe disability; still able to walk or stand unassisted
Stage 5	Wheelchair bound or bedridden unless aided

VII. MODIFIED SCHWAB AND ENGLAND ACTIVITIES OF DAILY LIVING SCALE

SCORE

100%	Completely independent; able to do all chores without slowness, difficulty or impairment; essentially normal; unaware of any difficulty
90%	Completely independent; able to do all chores with some degree of slowness, difficulty and impairment; might take twice as long; beginning to be aware of difficulty
80%	Completely independent in most chores; takes twice as long; conscious of difficulty and slowness
70%	Not completely independent; more difficulty with some chores; three to four times as long in some; must spend a large part of the day with chores
60%	Some dependency; can do most chores, but exceedingly slow and with much effort; Some errors are possible
50%	More dependent; help with half, slower, etc.; difficulty with everything
40%	Very dependent; can assist with all chores, but few alone
30%	With effort, now and then does a few chores alone or begins alone; much help needed
20%	Nothing alone; can be a slight help with some chores; severe invalid
10%	Totally dependent, helpless; complete invalid
0%	Vegetative functions such as swallowing, bladder and bowel functions are not functioning; bedridden