

 **1. Speech**

- 4 Normal speech processes
- 3 Detectable speech disturbance
- 2 Intelligible with repeating
- 1 Speech combined with nonvocal communication
- 0 Loss of useful speech

 **2. Salivation**

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

 **3. Swallowing**

- 4 Normal eating habits
- 3 Earlier eating problems - occasional choking
- 2 Dietary consistency changes
- 1 Needs supplemental tube feeding
- 0 NPO (exclusively parenteral or enteral feeding)

 **4. Handwriting**

- 4 Normal
- 3 Slow or sloppy: all words are legible
- 2 Not all words are legible
- 1 Able to grip pen but unable to write
- 0 Unable to grip pen

**5a. Cutting food and handling utensils** (patients without gastrostomy)?

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

**5b. Cutting food and handling utensils** (alternate scale for patients with gastrostomy)?

- 4 Normal
- 3 Clumsy, but able to perform all manipulations independently
- 2 Some help needed with closures and fasteners
- 1 Provides minimal assistance to caregiver
- 0 Unable to perform any aspect of task

**6. Dressing and hygiene**

- 4 Normal function
- 3 Independent and complete self-care with effort or decreased efficiency
- 2 Intermittent assistance or substitute methods
- 1 Needs attendant for self-care
- 0 Total dependence

**7. Turning in bed and adjusting bed clothes**

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

**8. Walking**

- 4 Normal
- 3 Early ambulation difficulties
- 2 Walks with assistance
- 1 Nonambulatory functional movement
- 0 No purposeful leg movement

### 9. Climbing stairs

- 4 Normal
- 3 Slow
- 2 Mild unsteadiness or fatigue
- 1 Needs assistance
- 0 Cannot do

### 10. Dyspnea

- 4 None
- 3 Occurs when walking
- 2 Occurs with one or more of the following: eating, bathing, dressing (ADL)
- 1 Occurs at rest, difficulty breathing when either sitting or lying
- 0 Significant difficulty, considering using mechanical respiratory support

### 11. Orthopnea

- 4 None
- 3 Some difficulty sleeping at night due to shortness of breath, does not routinely use more than two pillows
- 2 Needs extra pillows in order to sleep (more than two)
- 1 Can only sleep sitting up
- 0 Unable to sleep

### 12. Respiratory insufficiency

- 4 None
- 3 Intermittent use of BiPAP
- 2 Continuous use of BiPAP during the night
- 1 Continuous use of BiPAP during the night and day
- 0 Invasive mechanical ventilation by intubation or tracheostomy

Reference:

Cedarbaum JM, Stambler N, Malta E, Fuller C, Hilt D, Thurmond B, Nakanishi A. The ALSFRS-R: a revised ALS functional rating scale that incorporates assessments of respiratory function. BDNF ALS Study Group (Phase III). J Neurol Sci. 1999 Oct 31;169(1-2):13-21.