

Tips for using the Subjective Global Assessment (SGA)

The Subjective Global Assessment (SGA) can be used with different populations of people¹.

It takes about 10 minutes to administer and enables staff to determine which individuals may benefit from nutrition care. Residents should be **re-assessed every month**.

Resources and guides to administer the SGA are available here:

<https://nutritioncareincanada.ca/resources-and-tools/hospital-care-inpac/assessment-sga>

Summary of SGA process:

- Assess changes in recent food/fluid intake
- Any recent changes in weight
- Gastrointestinal symptoms and other reasons for low nutritional intake
- Physical examination for wasting of muscle and fat

There is no numeric scoring system for this assessment. Based on the assessment, each individual can be categorised as shown below.

Categorisation	Nutritional Status	Recommended Actions
SGA A	Well-nourished	<ul style="list-style-type: none">• Continue monitoring for any changes
SGA B	Mildly/moderately malnourished	<ul style="list-style-type: none">• Develop plan for ongoing nutritional support• Full nutrition assessment may be needed• Regular weight monitoring and dietician reviews
SGA C	Severely malnourished	<ul style="list-style-type: none">• Full nutrition assessment• Maximise nutritional intake• Consult with treating team

¹ Refer to <http://www.subjectiveglobalassessment.com> for additional information