



Extended Glasgow Outcome Scale

JT Lindsay Wilson, LEL Pettigrew, GM Teasdale. *J. Neurotrauma*. Volume 15, Number 8, 1998



Extended Glasgow Outcome Scale: TOC

- ▶ Interviewing
- ▶ Outcome Categories
- ▶ Notes to Specific Questions



The Interview



Structured

- ▶ Background knowledge is key
- ▶ Exercise of judgment
- ▶ Full interview provides time for exploration
- ▶ Complete questionnaire, but look for areas to go back to that need reevaluation

Current status

- ▶ Questions of now and pre-injury
- ▶ Capabilities over past week
- ▶ Change from previous status
- ▶ Avoid hopes/abstractions
 - "...*considering how bad he was*")

Actual Disability

- ▶ Cannot perform a task = Disabled
- ▶ Capable but does not perform = Not Disabled
 - Decreased finances, end of contract, retired
 - Legal driving restrictions, epilepsy
 - Not a part of the family culture
- ▶ Hypothetical: If you had to, could you?

Best Source of Information

- ▶ Patient may lack insight
- ▶ Interview relatives or a close friend
- ▶ Relatives "worriers" may exaggerate Px's
- ▶ Return to Work
 - Look for special arrangements made by the employer to accommodate the patient
 - Patient may be capable of work, but chooses not to


Independence: Best Information

- ▶ Look for inconsistencies
 - Patient indicates troubles with shopping or travel, but further questioning reveals a return to work or normal social/leisure activities
- ▶ Independence in/outside the home
- ▶ Capability comes 1st, difficulty/desire 2nd

Special Cases


- ▶ Other injury or illness
 - Risk of late epilepsy (but not actually having a seizure) causing a restriction of driving or other activities despite a full recovery otherwise
 - Restrictions for *risks*, as opposed to conditions (such as if that patient actually suffered a seizure), should be ignored for the GOS/GOSE

Outcome categories




Hierarchical Scale

- ▶ GOSE is simple
- ▶ Based on the lowest outcome category indicated



Severe Disability

- ▶ Dependency answers to any independence question
- ▶ Be careful over-judging
- ▶ Can/Could vs. Cannot/Doesn't Do



Moderate Disability

- ▶ Answers current difficulties vs. no prior difficulties

Good Recovery

- ▶ Patient does not fulfill criteria for dependence and difficulties due to injury
- ▶ Includes minor disability
 - Assigned to the lower band of Good Recovery
- ▶ If pre-injury Disability
 - Indicated by a '*' beside the rating
 - Indicates "Still disabled at previous level"

Specific section notes

Q1

- ▶ Non-vegetative State
 - "Any Words"
 - Includes repetition of a simple word such as "No"
 - Communication using a code

Q2 Yes or No ?

Do you require the assistance of another person at home every day for some activities of daily living?

For example, are you able to look after yourself (themselves) at home for 24 hours if necessary? Are you able to get washed up, put on clean clothes without help or reminding, prepare food, answer the phone and deal with the caller, handle minor domestic crises, and capable of being left alone overnight?

Q2

- ▶ Independence in the Home
 - Many receive assistance, but do not absolutely depend on it
 - Care (pampering) distinguished from dependency
 - Could perform if he/she had to
 - ADL's
 - Handle minor domestic crisis :
 - Glass is dropped and breaks, a light goes out, etc.
 - Can manage alone
 - Could fix food safely (sandwich will do!)
 - Use telephone (to order carry out!)

2b.

- ▶ Lower category if they cannot be left alone for 8 hours
- ▶ Do not score as dependent if being left alone is possible but not tested

Q3 & Q4

- ▶ Shopping and Travel
 - Independence requires planning, money handling, appropriate behavior in public
 - Capable of doing, whether they carry out these activities or not

Q5

- ▶ Work
 - Only Used when the person was previously working or seeking work
- ▶ 5a. Reduced Capacity for Work”
 - Change in skill level or responsibility
 - Change from full-time to part-time
 - Special allowances made my employer
 - Change from steady to casual employment

Q5 (cont.)

- ▶ Outside factors/injuries not considered
 - Retirement
 - End of Contract
 - Lack of transportation
- Unemployed: Rate on social/leisure activities and personal relationships instead

Q6

- ▶ Social & Leisure Activities
 - Sports, attending sporting events, walking, visiting people / going to a club or pub

Q6

- ▶ Typical Problems
 - Lack of motivation /avoidance social setting involvement
 - Physical problems (loss of mobility)
 - Cognitive problems (poor temper control, poor concentration, etc.)
 - Restricted pre-injury social repertoire (chronically ill, socially isolated)

6B & 6C

- ▶ Quantify in occasions per week
- ▶ "A bit" less can be up to 50% less
- ▶ Regularly means participating in at least one activity outside the house each week

Q7

- ▶ Family & Friendships
 - Change in personality is not sufficient for Moderate Disability
 - Change must have an adverse impact on family and friendships

7b

- ▶ Disruptiveness
 - Occasional - some problems, but less than once a week and not causing continuous strain
 - Frequent - problems at least weekly
 - Constant daily problems - threatened breakdown or worse
