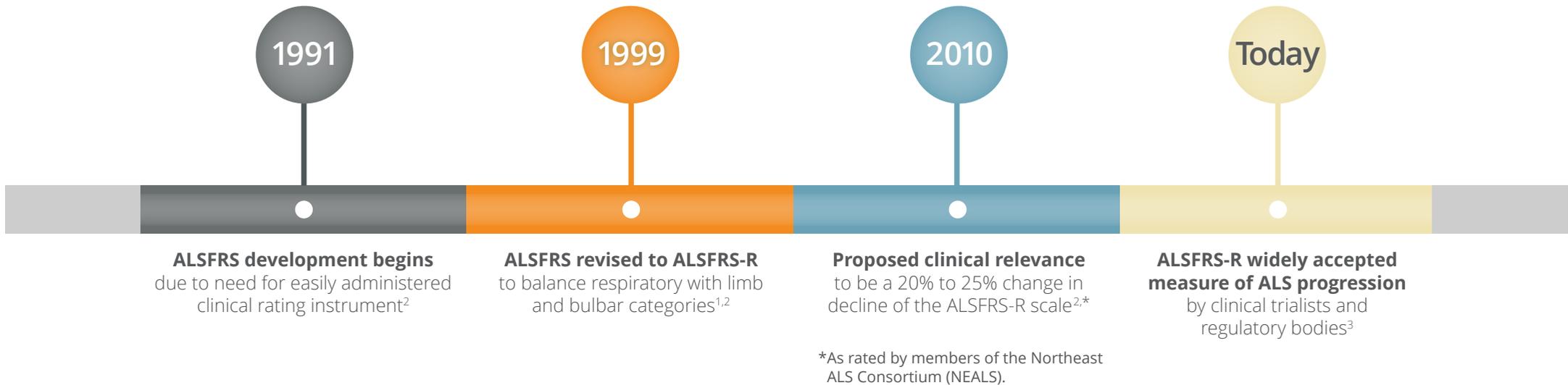


ALS Functional Rating Scale–Revised (ALSFRS-R)

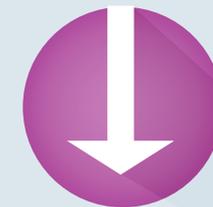
Measuring progression of disability in people with ALS¹



The **ALSFRS-R** is a simple, validated, and reliable tool for evaluating decline in function. Scores decline with disease progression at a rate that is generally consistent across clinical trials.^{1,2}



1 month



1 point drop

Individual patient rates of decline may vary.⁴

See the full ALSFRS-R questionnaire on reverse.

ALS Functional Rating Scale–Revised (ALSFRS-R)⁵



BULBAR

Speech

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

Salivation

- 4 Normal
- 3 Slight but definite excess of saliva in 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

Swallowing

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



FINE MOTOR

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

Cutting Food*

- 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

Dressing and Hygiene

- 4 Normal
- 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

*There are different assessments for cutting food with gastrostomy.



GROSS MOTOR

Turning in Bed

- 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

Walking

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

Climbing Stairs

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



RESPIRATORY

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

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 pillow in order to sleep (more than two)
- 1 Can only sleep sitting up
- 0 Unable to sleep

Respiratory Insufficiency

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

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