

ALS-FRS-R, Engels version

1. Speech

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

2. Salivation

- 4 Normal
- 3 Slight but definite excess of saliva in mouth; may have night time drooling
- 2 Moderately excessive saliva; may have minimal drooling
- 1 Marked excess of saliva with some drooling
- 0 Marked drooling

3. Swallowing

- 4 Normal eating habits
- 3 Early eating problems – occasional choking
- 2 Dietary consistency changes
- 1 Needs supplemental tube feeding
- 0 NPO

4. Handwriting

- 4 Normal
- 3 Slow or sloppy: all words are legible
- 2 Not all words are legible
- 1 No words are legible, but can still grip pen
- 0 Unable to grip pen

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

- 4 Normal
- 3 Somewhat slow and clumsy, but no help needed
- 2 Can cut most foods (> 50%), although slow and clumsy; 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 (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; Can 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 function
- 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 Non-ambulatory functional movement only
- 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
- 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 without mechanical assistance

12. Respiratory insufficiency

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

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