

# PROGRESSIVE SUPRANUCLEAR PALSY RATING SCALE and STAGING SYSTEM

Medical Advisory Board of the Society for Progressive Supranuclear Palsy • Lawrence I. Golbe, MD, Chair

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PATIENT -----

Date ----- Informant -----

MEDICATIONS:

INTERIM HISTORY:

## I. HISTORY (from patient or other informant)

- 1. Withdrawal** (relative to baseline personality) **0 1 2**  
0 None  
1 Follows conversation in a group, may respond spontaneously, but rarely if ever initiates exchanges.  
2 Rarely or never follows conversation in a group.
- 2. Aggressiveness** (relative to baseline personality) **0 1 2**  
0 No increase in aggressiveness  
1 Increased, but not interfering with family interactions  
2 Interfering with family interactions
- 3. Dysphagia for solids** **0 1 2 3 4**  
0 Normal; no difficulty with full range of food textures  
1 Tough foods must be cut up into small pieces  
2 Requires soft solid diet  
3 Requires pureed or liquid diet  
4 Tube feeding required for some or all feeding
- 4. Using knife and fork, buttoning clothes, washing hands and face** (rate the worst) **0 1 2 3 4**  
0 Normal  
1 Somewhat slow but no help required  
2 Extremely slow; or occasional help needed  
3 Considerable help needed but can do some things alone  
4 Requires total assistance
- 5. Falls** **0 1 2 3 4**  
(average frequency if patient attempted to walk unaided)  
0 None in the past year  
1 <1 per month; gait may otherwise be normal  
2 1-4 per month  
3 5-30 per month  
4 > 30 per month (or chairbound)
- 6. Urinary incontinence** **0 1 2 3 4**  
0 None or a few drops less than daily  
1 A few drops staining clothes daily  
2 Large amounts, but only when asleep; no pad required during day  
3 Occasional large amounts in daytime; pad required  
4 Consistent, requiring diaper or catheter awake and asleep

- 7. Sleep difficulty** **0 1 2 3 4**  
0 Neither 1° nor 2° insomnia (i.e., falls asleep easily and stays asleep)  
1 Either 1° or 2° insomnia; averages  $\geq 5$  hours sleep nightly  
2 Both 1° and 2° insomnia; averages  $\geq 5$  hours sleep nightly  
3 Either 1° or 2° insomnia; averages <5 hours sleep nightly  
4 Both 1° and 2° insomnia; averages <5 hours sleep nightly

## II. MENTAL EXAM

- Items 8-11 use this scale: 2 Clearly present, but not interfering with activities of daily living (ADL)  
0 Clearly absent  
1 Equivocal or minimal 3 Interfering mildly with ADL  
4 Interfering markedly with ADL

- 8. Disorientation** **0 1 2 3 4**  
**9. Bradyphrenia** **0 1 2 3 4**  
**10. Emotional incontinence** **0 1 2 3 4**  
**11. Grasping/imitative/utilizing behavior** **0 1 2 3 4**

## III. BULBAR EXAM

- 12. Dysarthria** (ignoring palilalia) **0 1 2 3 4**  
0 None  
1 Minimal; all or nearly all words easily comprehensible (to examiner, not family)  
2 Definite, moderate; most words comprehensible  
3 Severe; may be fluent but most words incomprehensible  
4 Mute; or a few poorly comprehensible words

- 13. Dysphagia** **0 1 2 3 4**  
(for 30-50 cc of water from a cup, if safe)  
0 None  
1 Fluid pools in mouth or pharynx, or swallows slowly, but no choking/coughing  
2 Occasionally coughs to clear fluid; no frank aspiration  
3 Frequently coughs to clear fluid; may aspirate slightly; may expectorate frequently rather than swallow secretions  
4 Requires artificial measures (oral suctioning, tracheostomy or feeding gastrostomy) to avoid aspiration

## IV. SUPRANUCLEAR OCULAR MOTOR EXAM

Items 14-16 use this scale. Rate by inspection of saccades on command from the primary position of gaze to a stationary target.

- 0 Not slow or hypometric; 86-100% of normal amplitude  
1 Slow or hypometric; 86-100% of normal amplitude  
2 51-85% of normal amplitude  
3 16-50% of normal amplitude  
4 15% of normal amplitude or worse
- 14. Voluntary upward saccades** **0 1 2 3 4**  
**15. Voluntary downward saccades** **0 1 2 3 4**  
**16. Voluntary left and right saccades** **0 1 2 3 4**  
**17. Eyelid dysfunction** **0 1 2 3 4**  
0 None  
1 Blink rate decreased (< 15/minute) but no other abnorm.  
2 Mild inhibition of opening or closing or mild blepharospasm; no visual disability  
3 Moderate lid-opening inhibition or blepharospasm causing partial visual disability  
4 Functional blindness or near-blindness because of involuntary eyelid closure

## V. LIMB EXAM

### **18. Limb rigidity** (rate the worst of the four) **0 1 2 3 4**

- 0 Absent
- 1 Slight or detectable only on activation
- 2 Definitely abnormal, but full range of motion possible
- 3 Only partial range of motion possible
- 4 Little or no passive motion possible

### **19. Limb dystonia** **0 1 2 3 4**

(rate worst of the four; ignore neck and face)

- 0 Absent
- 1 Subtle or present only when activated by other movement
- 2 Obvious but not continuous
- 3 Continuous but not disabling
- 4 Continuous and disabling

### **20. Finger tapping** (if asymmetric, rate worse side) **0 1 2**

- 0 Normal (>14 taps/5 sec with maximal amplitude)
- 1 Impaired (6-14 taps/5 sec or moderate loss of amplitude)
- 2 Barely able to perform (0-5 taps/5 sec or severe loss of amplitude)

### **21. Toe tapping** (if asymmetric, rate worse side) **0 1 2**

- 0 Normal (>14 taps/5 sec with maximal amplitude)
- 1 Impaired (6-14 taps/5 sec or moderate loss of amplitude)
- 2 Barely able to perform (0-5 taps/5 sec or severe loss of amplitude)

### **22. Apraxia of hand movement** **0 1 2**

- 0 Absent
- 1 Present, not impairing most functions
- 2 Impairing most functions

### **23. Tremor in any part** **0 1 2**

- 0 Absent
- 1 Present, not impairing most functions
- 2 Impairing most functions

## VI. GAIT/MIDLIN EXAM

### **24. Neck rigidity or dystonia** **0 1 2 3 4**

- 0 Absent
- 1 Slight or detectable only when activated by other movement
- 2 Definitely abnormal, but full range of motion possible
- 3 Only partial range of motion possible
- 4 Little or no passive motion possible

### **25. Arising from chair** **0 1 2 3 4**

- 0 Normal
- 1 Slow but arises on first attempt
- 2 Requires more than one attempt, but arises without using hands
- 3 Requires use of hands
- 4 Unable to arise without assistance

### **26. Gait** **0 1 2 3 4**

- 0 Normal
- 1 Slightly wide-based or irregular or slight pulsion on turns
- 2 Must walk slowly or occasionally use walls or helper to avoid falling, especially on turns
- 3 Must use assistance all or almost all the time
- 4 Unable to walk, even with walker; may be able to transfer

### **27. Postural stability** (on backward pull) **0 1 2 3 4**

- 0 Normal (shifts neither foot or one foot)
- 1 Must shift each foot at least once but recovers unaided
- 2 Shifts feet and must be caught by examiner
- 3 Unable to shift feet; must be caught, but does not require assistance to stand still
- 4 Tends to fall without a pull; requires assistance to stand still

### **28. Sitting down** **0 1 2 3 4**

(may touch seat or back but not arms of chair)

- 0 Normal
- 1 Slightly stiff or awkward
- 2 Easily positions self before chair, but descent into chair is uncontrolled
- 3 Has difficulty finding chair behind him/her and descent is uncontrolled
- 4 Unable to test because of severe postural instability

## Section totals

History	0-24	
Mentation	0-16	
Bulbar	0-8	
Ocular	0-16	
Limb	0-16	
Gait	0-20	
<b>TOTAL</b>	<b>0-100</b>	

## PSP STAGING SYSTEM

**1 2 3 4 5**

(Ignore any inability to stand up from the seated position)

- 1 Gait and stability are normal or equivocal
- 2 Gait is abnormal but stable, requiring only 1-2 steps back on pull test
- 3 Would fall or retropulse on pull test; may require cane or intermittent assistance
- 4 Can walk only with walker or continuous assistance
- 5 No useful gait, but may be able to remain standing unassisted or transfer between chair and bed.

## OTHER EXAMINATION:

## IMPRESSION:

## PLAN:

## SIGNED: