

MYASTHENIA GRAVIS – ACTIVITIES OF DAILY LIVING SCORE (MG-ADL)

This test requires that the examiner ask each participant the questions. Do not hand the form to the participant to complete. The testing will be the same for all of the questions. Remember to ask as many questions as you need to get the correct score. Depending on the visit schedule, you can go up to 'Over the last 30 days'

You should ask each participant the following:

'Over the last 7 days, have you had [insert the appropriate question]

1. any slurring or nasal speech'? Based on their response, you should then ask if it was 'constant or intermittent'. Circle the response and assign the grade.
2. any fatigue with chewing'? Based on their response, you should then ask it was with solid or soft food. You may also ask if they have a feeding tube.
3. any choking when you swallow'? You may want to ask if they have changed their diet.
4. any shortness of breath from the MG'? You may ask if the shortness of breath is at exertion or at rest. This can be difficult because some participants may be involved in activities that a person without MG may get sort of breathe. An example may be if the person has to walk up 3 flights of stairs to get to their apartment. Most people will experience shortness of breath if they carry groceries.
5. any trouble brushing their teeth or combing their hair?' We are asking participants if they have trouble keeping their arms up over their waist. May need to modify if the participant doesn't have hair/teeth/or both.
6. any trouble coming up from a chair without their arms?' Most people instinctively use their arms to get out of a chair that had arms. You may ask if they have to use their arms to get up off of a toilet.
7. any double vision?' **Note: this test is based on the participants' perception. Even if they have double vision on the QMG but denies it on the MG-ADL, you must record what they report.**
8. any eyelid drooping?' **Note: this test is based on the participants' perception. Even if they have eyelid drooping on the QMG but denies it on the MG-ADL, you must record what they report.**

You will assign the appropriate grade for each response. The total will become the MG-ADL score.