UPDRS 척도

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왜 이 척도가 필요한가요?

등급	장 애 정 도
1 급	- 독립적인 보행이 불가능하여 보행에 전적으로 타인의 도움이 필요한 사람- 양쪽 팔의 마비로 이를 이용한 일상생활동작을 거의 할 수 없어, 전적으로 타인의 도움이 필요한 사람- 한쪽 팔과 한쪽다리의 마비로 일상생활동작을 거의 할 수 없어, 전적으로 타인의 도움이 필요한 사람 -보행과 모든 일상생활동작의 수행에 전적으로 타인의 도움이 필요하며, 수정바델지수가 32 점 이하인 사람
2 급	- 한쪽 팔의 마비로 이를 이용한 일상생활동작의 수행이 불가능하여, 전적으로 타인의 도움이 필요한 사람 - 마비와 관절구축으로 양쪽 팔의 모든 손가락 사용이 불가능하여, 이를 이용한 일상생활동작의 수행에 전적으로 타인의 도움이 필요한 사람 -보행과 모든 일상생활동작의 수행에 대부분 타인의 도움이 필요하며, 수정바델지수가 33 ~ 53 점인 사람
3 급	- 마비와 관절구축으로 한쪽 팔의 모든 손가락 사용이 불가능하여, 이를 이용한 일상생활동작의 수행에 전적으로 타인의 도움이 필요한 사람 - 한쪽 다리의 마비로 이를 이용한 보행이 불가능하여, 보행에 대부분 타인의 도움이 필요한 사람 -보행과 모든 일상생활동작의 독립적 수행이 어려워, 부분적으로 타인의 도움이 필요하며, 수정바델지수가 54 ~ 69 점인 사람
4 급	-보행과 대부분의 일상생활동작은 자신이 수행하나 간헐적으로 타인의 도움이 필요하며, 수정바델지수가 70 ~ 80 점인 사람
5 급	-보행과 대부분의 일상생활동작을 타인의 도움 없이 자신이 수행하나 완벽하게 수행하지 못하는 때가 있으며 수정바델지수가 81~ 89 점인 사람
6 급	-보행과 대부분의 일상생활동작을 자신이 완벽하게 수행하나 간혹 수행 시간이 느리거나 양상이 비정상적인 때가 있으며 수정바델지수가 90 ~ 96 점인 사람

뇌병변 장애진단서 - 파킨슨병

- 장애진단서
  - 최근 1년간 증세의 중증 정도, 복용약 종류, 약 복용 전, 후 증상 등이 기록된 진단소견
- 뇌병변장애 소견서
  - H&Y stage, 수정바델지수
- 검사 결과지 - UPDRS점수, H&Y stage
- 진료기록지
  - 발병 당시 1개월, 최근 6개월 간의 진료기록

→ 5분 안에 마무리~~

UPDRS

- Most commonly used scale in the clinical study of PD
- Follow the longitudinal course of PD
- Check the effect of treatment

- MDS-UPDRS, revised ver of UPDRS, 2007
  (1) nonmotor experiences of daily living (13 items)
  (2) motor experiences of daily living (13 items)
  (3) motor examination (18 items)
  (4) motor complications (six items)

Section of UPDRS

- Part I: evaluation of mentation, behavior, and mood
- Part II: self-evaluation of the activities of daily life (ADLs)
- **Part III**: clinician-scored monitored motor evaluation
- Part IV: complications of therapy
- **Part V**: Hoehn and Yahr staging of severity of PD
- Part VI: Schwab and England ADL scale

Part I - evaluation of mentation, behavior, & mood

1. Intellectual Impairment

0 = None.
1 = Mild. Consistent forgetfulness with partial recollection of events and no other difficulties.
2 = Moderate memory loss, with disorientation and moderate difficulty handling complex problems. Mild but definite impairment of function at home with need of occasional prompting.
3 = Severe memory loss with disorientation for time and often to place. Severe impairment in handling problems.
4 = Severe memory loss with orientation preserved to person only. Unable to make judgements or solve problems. Requires much help with personal care.

2. Thought Disorder

0 = None. 1 = Vivid dreaming.
2 = "Benign" hallucinations with insight retained.
3 = Occasional to frequent hallucinations or delusions; without insight; could interfere with daily activities.
4 = Persistent hallucinations, delusions, or florrid psychosis. Not able to care for self.

Part I - evaluation of mentation, behavior, & mood

3. Depression
0 = Normal.
1 = Periods of sadness or guilt greater than normal, never sustained for days or weeks.
2 = Sustained depression (1 week or more).
3 = Sustained depression with vegetative symptoms (insomnia, anorexia, weight loss, loss of interest).
4 = Sustained depression with vegetative symptoms and suicidal thoughts or intent.

4. Motivation/Initiative
0 = Normal.
1 = Less assertive than usual; more passive.
2 = Loss of initiative or disinterest in elective (nonroutine) activities.
3 = Loss of initiative or disinterest in day to day (routine) activities.
4 = Withdrawn, complete loss of motivation.

Part II - self-evaluation of the ADLs

5. Speech
0 = Normal.
1 = Mildly affected. No difficulty being understood.
2 = Moderately affected. Sometimes asked to repeat statements.
3 = Severely affected. Frequently asked to repeat statements.
4 = Unintelligible most of the time.

6. Salivation
0 = Normal.
1 = Slight but definite excess of saliva in mouth; may have nighttime drooling.
2 = Moderately excessive saliva; may have minimal drooling.
3 = Marked excess of saliva with some drooling.
4 = Marked drooling, requires constant tissue or handkerchief.

7. Swallowing
0 = Normal. 1 = Rare choking. 2 = Occasional choking.
3 = Requires soft food. 4 = Requires NG tube or gastrotomy feeding.

Part II - self-evaluation of the ADLs

8. Handwriting
0 = Normal.
1 = Slightly slow or small.
2 = Moderately slow or small; all words are legible.
3 = Severely affected; not all words are legible.
4 = The majority of words are not legible.

9. Cutting food and handling utensils
0 = Normal.
1 = Somewhat slow and clumsy, but no help needed.
2 = Can cut most foods, although clumsy and slow; some help needed.
3 = Food must be cut by someone, but can still feed slowly.
4 = Needs to be fed.

10. Dressing
0 = Normal.
1 = Somewhat slow, but no help needed.
2 = Occasional assistance with buttoning, getting arms in sleeves.
3 = Considerable help required, but can do some things alone.
4 = Helpless.

Part II - self-evaluation of the ADLs

11. Hygiene
0 = Normal.
1 = Somewhat slow, but no help needed.
2 = Needs help to shower or bathe; or very slow in hygienic care.
3 = Requires assistance for washing, brushing teeth, combing hair, going to bathroom.
4 = Foley catheter or other mechanical aids.

12. Turning in bed and adjusting bed clothes
0 = Normal.
1 = Somewhat slow and clumsy, but no help needed.
2 = Can turn alone or adjust sheets, but with great difficulty.
3 = Can initiate, but not turn or adjust sheets alone.
4 = Helpless.

13. Falling (unrelated to freezing)
0 = None.
1 = Rare falling.
2 = Occasionally falls, less than once per day.
3 = Falls an average of once daily.
4 = Falls more than once daily.

Part II - self-evaluation of the ADLs

14. Freezing when walking
0 = None.
1 = Rare freezing when walking; may have start hesitation.
2 = Occasional freezing when walking.
3 = Frequent freezing. Occasionally falls from freezing.
4 = Frequent falls from freezing.

15. Walking
0 = Normal.
1 = Mild difficulty. May not swing arms or may tend to drag leg.
2 = Moderate difficulty, but requires little or no assistance.
3 = Severe disturbance of walking, requiring assistance.
4 = Cannot walk at all, even with assistance.

16. Tremor
0 = Absent.
1 = Slight and infrequently present.
2 = Moderate; bothersome to patient.
3 = Severe; interferes with many activities.
4 = Marked; interferes with most activities.

17. Sensory complaints related to parkinsonism
0 = None.
1 = Occasionally has numbness, tingling, or mild aching.
2 = Frequently has numbness, tingling, or aching; not distressing.
3 = Frequent painful sensations.
4 = Excruciating pain.

Part III - clinician-scored motor evaluation

2점 – 주로 en block, arrest 가 존재

18. Speech
0 = Normal.
1 = Slight loss of expression, diction and/or volume.
2 = Monotone, slurred but understandable; moderately impaired.
3 = Marked impairment, difficult to understand.
4 = Unintelligible.

19. Facial expression
0 = Normal.
1 = Minimal hypomimia, could be normal "Poker Face".
2 = Slight but definitely abnormal diminution of facial expression
3 = Moderate hypomimia; lips parted some of the time.
4 = Masked or fixed facies with severe or complete loss of facial expression; lips parted 1/4 inch or more.

Part III - clinician-scored motor evaluation

20. Tremor at rest
0 = Absent.
1 = Slight and infrequently present.
2 = Mild in amplitude and persistent. Or moderate in amplitude, but only intermittently present.
3 = Moderate in amplitude and present most of the time.
4 = Marked in amplitude and present most of the time.

21. Action or Postural Tremor of hands
0 = Absent.
1 = Slight; present with action.
2 = Moderate in amplitude, present with action.
3 = Moderate in amplitude with posture holding as well as action.
4 = Marked in amplitude; interferes with feeding.

Part III - clinician-scored motor evaluation

22. Rigidity (Cogwheeling to be ignored.)
0 = Absent.
1 = Slight or detectable only when activated by mirror or other movements.
2 = Mild to moderate.
3 = Marked, but full range of motion easily achieved.
4 = Severe, range of motion achieved with difficulty.
(Patient taps thumb with index finger in rapid succession.)

23. Finger Taps
0 = Normal.
1 = Mild slowing and/or reduction in amplitude.
2 = Moderately impaired. Definite and early fatiguing. May have occasional arrests in movement.
3 = Severely impaired. Frequent hesitation in initiating movements or arrests in ongoing movement.
4 = Can barely perform the task.

Part III - clinician-scored motor evaluation

24. Hand Movements
0 = Normal.
1 = Mild slowing and/or reduction in amplitude.
2 = Moderately impaired. Definite and early fatiguing. May have occasional arrests in movement.
3 = Severely impaired. Frequent hesitation in initiating movements or arrests in ongoing movement.
4 = Can barely perform the task.

25. Rapid Alternating Movements of Hands
(Pronation-supination movements of hands, vertically and horizontally)
0 = Normal.
1 = Mild slowing and/or reduction in amplitude.
2 = Moderately impaired. Definite and early fatiguing. May have occasional arrests in movement.
3 = Severely impaired. Frequent hesitation in initiating movements or arrests in ongoing movement.
4 = Can barely perform the task.

Part III - clinician-scored motor evaluation

26. Leg agility (Patient taps heel on the ground in rapid succession picking up entire leg. Amplitude should be at least 3 inches (7.62cm).)
0 = Normal.
1 = Mild slowing and/or reduction in amplitude.
2 = Moderately impaired. Definite and early fatiguing. May have occasional arrests in movement.
3 = Severely impaired. Frequent hesitation in initiating movements or arrests in ongoing movement.
4 = Can barely perform the task.

27. Arising from chair
0 = Normal.
1 = Slow; or may need more than one attempt.
2 = Pushes self up from arms of seat.
3 = Tends to fall back and may have to try more than one time, but can get up without help.
4 = Unable to arise without help.

Part III - clinician-scored motor evaluation

28. Posture
0 = Normal erect.
1 = Not quite erect, slightly stooped posture; could be normal for older person.
2 = Moderately stooped posture, definitely abnormal; can be slightly leaning to one side.
3 = Severely stooped posture with kyphosis; can be moderately leaning to one side.
4 = Marked flexion with extreme abnormality of posture.

29. Gait
0 = Normal.
1 = Walks slowly, may shuffle with short steps, but no festination (hastening steps) or propulsion.
2 = Walks with difficulty, but requires little or no assistance; may have some festination, short steps, or propulsion.
3 = Severe disturbance of gait, requiring assistance.
4 = Cannot walk at all, even with assistance.

Part III - clinician-scored motor evaluation

30. Postural stability
0 = Normal.
1 = Retropulsion, but recovers unaided.
2 = Absence of postural response; would fall if not caught by examiner.
3 = Very unstable, tends to lose balance spontaneously.
4 = Unable to stand without assistance.

31. Body Bradykinesia and Hypokinesia
0 = None.
1 = Minimal slowness, giving movement a deliberate character; could be normal for some persons. Possibly reduced amplitude.
2 = Mild degree of slowness and poverty of movement which is definitely abnormal. Alternatively, some reduced amplitude.
3 = Moderate slowness, poverty or small amplitude of movement.
4 = Marked slowness, poverty or small amplitude of movement.

Part IV - complications of therapy (dyskinesia)

A. DYSKINESIAS

32. Duration: What proportion of the waking day are dyskinesias present?

0 = None
1 = 1-25% of day. 2 = 26-50% of day.
3 = 51-75% of day. 4 = 76-100% of day.

33. Disability: How disabling are the dyskinesias?

0 = Not disabling. 1 = Mildly disabling. 2 = Moderately disabling.
3 = Severely disabling. 4 = Completely disabled.

34. Painful Dyskinesias: How painful are the dyskinesias?

0 = No painful dyskinesias.
1 = Slight. 2 = Moderate. 3 = Severe. 4 = Marked.

35. Presence of Early Morning Dystonia

0 = No 1 = Yes

Part IV - complications of therapy (dyskinesia)

B. CLINICAL FLUCTUATIONS

36. Are "off" periods predictable?

0 = No 1 = Yes

37. Are "off" periods unpredictable?

0 = No 1 = Yes

38. Do "off" periods come on suddenly, within a few seconds?

0 = No 1 = Yes

39. What proportion of the waking day is the patient "off" on average?

0 = None
1 = 1-25% of day.
2 = 26-50% of day.
3 = 51-75% of day.
4 = 76-100% of day.

Part IV - complications of therapy (dyskinesia)

C. OTHER COMPLICATIONS

40. Does the patient have anorexia, nausea, or vomiting?
0 = No
1 = Yes

41. Any sleep disturbances, such as insomnia or hypersomnolence?
0 = No
1 = Yes

42. Does the patient have symptomatic orthostasis?
0 = No
1 = Yes

Part V - Hoehn and Yahr staging

STAGE 0 = No signs of disease.

STAGE 1 = Unilateral disease.

STAGE 1.5 = Unilateral plus axial involvement.

STAGE 2 = Bilateral disease, without impairment of balance.

STAGE 2.5 = Mild bilateral disease, with recovery on pull test.

STAGE 3 = Mild to moderate bilateral disease; some postural instability; physically independent.

STAGE 4 = Severe disability; still able to walk or stand unassisted.

STAGE 5 = Wheelchair bound or bedridden unless aided.

Part VI - Schwab and England ADL scale

100% = Completely independent. Able to do all chores without slowness, difficulty or impairment. Essentially normal. Unaware of any difficulty.

90% = Completely independent. Able to do all chores with some degree of slowness, difficulty and impairment. Might take twice as long. Beginning to be aware of difficulty.

80% = Completely independent in most chores. Takes twice as long. Conscious of difficulty and slowness.

70% = Not completely independent. More difficulty with some chores. Three to four times as long in some. Must spend a large part of the day with chores.

60% = Some dependency. Can do most chores, but exceedingly slowly and with much effort. Errors; some impossible.

Part VI - Schwab and England ADL scale

50% = More dependent. Help with half, slower, etc. Difficulty with everything.

40% = Very dependent. Can assist with all chores, but few alone.

30% = With effort, now and then does a few chores alone or begins alone. Much help needed.

20% = Nothing alone. Can be a slight help with some chores. Severe invalid.

10% = Totally dependent, helpless. Complete invalid.

0% = Vegetative functions such as swallowing, bladder and bowel functions are not functioning. Bedridden.