

# Glasgow Outcome Scale

The Glasgow Outcome Scale (GOS) is a global scale for functional outcome that rates patient status into one of five categories: Dead, Vegetative State, Severe Disability, Moderate Disability or Good Recovery. The Extended GOS (GOSE) provides more detailed categorization into eight categories by subdividing the categories of severe disability, moderate disability and good recovery into a lower and upper category:

Table 1: Extended Glasgow Outcome Scale (GOSE)

1	Death	D
2	Vegetative state	VS
3	Lower severe disability	SD -
4	Upper severe disability	SD +
5	Lower moderate disability	MD -
6	Upper moderate disability	MD +
7	Lower good recovery	GR -
8	Upper good recovery	GR +

Use of the structured interview is recommended to facilitate consistency in ratings.

## References:

Jennett B, Bond M: Assessment of outcome after severe brain damage. *Lancet* 1:480–484, 1975.

Teasdale GM, Pettigrew LE, Wilson JT, Murray G, Jennett B. Analyzing outcome of treatment of severe head injury: A review and update on advancing the use of the Glasgow Outcome Scale. *Journal of Neurotrauma* 1998;15:587-597.

Wilson JTL, Pettigrew LEL, Teasdale GM. Structured interviews for the Glasgow Outcome Scale and the Extended Glasgow Outcome Scale: Guidelines for Their Use. *J Neurotrauma* 15(8): 573-85. 1997.

Wilson JT, Sliker FJ, Legrand V, Murray G, Stocchetti N, Maas AI. Observer variation in the assessment of outcome in traumatic brain injury: experience from a multicenter, international randomized clinical trial. *Neurosurgery*. Jul;61(1):123-8; discussion 128-9. 2007 .

# Recommended time for assessment:

	Basic	Intermediate	Advanced
3 months outcome		X	X
6 months outcome	X	X	X
12 months outcome			X



5c. Does the level of restriction represent a change in respect to the pre-trauma situation?

Yes

No

**Social and Leisure activities:**

6a. Are they able to resume regular social and leisure activities outside home?

Yes

**If yes, go to 7**

No

Note: they need not have resumed all their previous leisure activities, but should not be prevented by physical or mental impairment. If they have stopped the majority of activities because of loss of interest or motivation, then this is also considered a disability.

6b. What is the extent of restriction on their social and leisure activities?

a. Participate a bit less: at least half as often as before injury

a. (Lower GR)

b. Participate much less: less than half as often

b. (Upper MD)

c. Unable to participate: rarely, if ever, take part

c. (Lower MD)

6c. Does the extent of restriction in regular social and leisure activities outside home represent a change in respect or pre-trauma

Yes

No

**Family and friendships:**

7a. Has there been family or friendship disruption due to psychological problems?

Yes

No

**If no, go to 8**

Note: typical post-traumatic personality changes are: quick temper, irritability, anxiety, insensitivity to others, mood swings, depression and unreasonable or childish behaviour.

7b. What has been the extent of disruption or strain?

a. Occasional - less than weekly

a. (Lower GR)

b. Frequent - once a week or more, but not tolerable

b. (Upper MD)

c. Constant - daily and intolerable

c. (Lower MD)

7c. Does the level of disruption or strain represent a change in respect to pre-trauma situation?

Yes

No

Note: if there were some problems before injury, but these have become markedly worse since the injury then answer yes to question

**Return to normal life:**

8a. Are there any other current problems relating to the injury which affect daily life?

Yes (Lower GR)

No (Upper GR)

Note: other typical problems reported after head injury: headaches, dizziness, sensitivity to noise or light, slowness, memory failures and concentration problems.

8b. If similar problems were present before the injury, have these become markedly worse?

Yes

No

9. What is the most important factor in outcome?

a. Effects of head injury

b. Effects of illness or injury to another part of the body

c. A mixture of these

Note: extended GOS grades are shown beside responses on the CRF. The overall rating is based on the lowest outcome category indicated.

Areas in which there has been no change with respect to the pre-trauma situation are ignored when the overall rating is made