

SPES/SCOPA

A. Motor evaluation

Clinical examination

1. Rest tremor

assess each arm separately during 20 seconds; hands rest on thighs; if tremor is not evident at rest, try to keep the patient attentive, e.g. by having him/her count backwards with eyes closed

0 = absent

1 = small amplitude (< 1 cm) occurring spontaneously, or obtained only while keeping patient attentive (any amplitude)

2 = moderate amplitude (1-4 cm), occurring spontaneously

3 = large amplitude (\geq 4 cm), occurring spontaneously.

2. Postural tremor

check with arms outstretched, pronated and semipronated, and with index fingers of both hands almost touching each other (elbows flexed); assess each position during 20 seconds

0 = absent

1 = small amplitude (< 1 cm)

2 = moderate amplitude (1-4 cm)

3 = large amplitude (\geq 4 cm).

3. Rapid alternating movements of hands

rapid alternating pronation/supination movements of upper hand, each time slapping the palm of the horizontally held lower hand during 20 seconds; each hand separately

0 = normal

1 = slow execution, or mild slowing and/or reduction in amplitude; may have occasional arrests

2 = moderate slowing and/or reduction in amplitude or hesitations in initiating movement or frequent arrests in ongoing movements

3 = can barely perform task.

4. Rigidity

assess passive movements of elbow and wrist over full range, with the patient relaxed in sitting position; ignore cogwheeling; check each arm separately

0 = absent

1 = mild rigidity over full range, no difficulty reaching end positions

2 = moderate rigidity, some difficulties reaching end positions

3 = severe rigidity, considerable difficulties reaching end positions.

5. Rise from chair

patient is instructed to fold arms across chest; use straight back chair

0 = normal

1 = slowly; does not need arms to get up

2 = needs arms to get up (can get up without help)

3 = unable to rise (without help).

6. Postural instability

stand behind the patient and pull patient backwards, while s/he is standing erect with eyes open and feet spaced slightly apart; patient is not prepared

0 = normal, may take up to 2 steps to recover

1 = takes 3 or more steps; recovers unaided

2 = would fall if not caught

3 = spontaneous tendency to fall or unable to stand unaided.

7. Gait

assess gait pattern; use walking aid or offer assistance, if necessary

0 = normal

1 = mild slowing and/or reduction of step height or length; does not shuffle

2 = severe slowing, or shuffles or has festination

3 = unable to walk.

8. Speech

0 = normal

1 = slight loss of expression, diction and/or volume

2 = slurred; not always intelligible

3 = unintelligible always or most of the time.

Historical information

9. Freezing during 'on'

Freezing is characterized by hesitation when trying to start walking or 'gluing' to the ground while walking.

0 = absent

1 = start hesitation only, occasionally present

2 = frequently present, may have freezing when walking

3 = severe freezing when walking.

10. Swallowing

0 = normal

1 = some difficulty or slow; does not choke; normal diet

2 = sometimes chokes; may require soft food

3 = chokes frequently; may require soft food or alternative method of food intake.

B. Activities of Daily Living

11. Speech

0 = normal

1 = some difficulty; may sometimes be asked to repeat sentences

2 = considerable difficulty; frequently asked to repeat sentences

3 = unintelligible most of the time.

12. Feeding (cutting, filling cup, etc.)

0 = normal

1 = some difficulty or slow; does not need assistance

2 = considerable difficulty; may need some assistance

3 = needs almost complete or complete assistance.

13. Dressing

0 = normal

1 = some difficulty or slow; does not need assistance

2 = considerable difficulty; may need some assistance (e.g. buttoning, getting arms into sleeves)

3 = needs almost complete or complete assistance.

14. Hygiene (washing, combing hair, shaving, brushing teeth, using toilet)

0 = normal

1 = some difficulty or slow; does not need assistance

2 = considerable difficulty; may need some assistance

3 = needs almost complete or complete assistance.

15. **Changing position (turning over in bed, getting up out of bed, getting up out of a chair, turning around when standing)**

0 = normal

1 = some difficulty or slow; does not need assistance with any change of position

2 = considerable difficulty; may need assistance with one or more changes of position

3 = needs almost complete or complete assistance with one or more changes of position.

16. **Walking**

0 = normal

1 = some difficulty or slow; does not need assistance or walking aid

2 = considerable difficulty; may need assistance or walking aid

3 = unable to walk, or walks only with assistance and great effort.

17. **Handwriting**

0 = normal

1 = some difficulty (e.g. slow, small letters); all words legible

2 = considerable difficulty; not all words legible; may need to use block letters

3 = majority of words are illegible.

C. Motor Complications

18. **Dyskinesias (presence)**

0 = absent

1 = present some of the time

2 = present a considerable part of the time

3 = present most or all of the time.

19. **Dyskinesias (severity)**

0 = absent

1 = small amplitude

2 = moderate amplitude

3 = large amplitude

20. **Motor fluctuations (presence of 'off' periods)**

What proportion of the waking day is patient 'off' on average?

0 = none

1 = some of the time

2 = a considerable part of the time

3 = most or all of the time.

21. **Motor fluctuations (severity of 'off' periods)**

0 = absent

1 = mild end-of-dose fluctuations

2 = moderate end-of-dose fluctuations; unpredictable fluctuations may occur occasionally

3 = severe end-of-dose fluctuations; unpredictable on-off oscillations occur frequently.