

Patient Name:  
DOB:

Date of Injury:



**GLASGOW OUTCOME SCALE - EXTENDED**  
**POST DISCHARGE**  
**STRUCTURED INTERVIEW FOR GOSE**

**CONSCIOUSNESS:**

**1.** Is the head-injured person able to obey simple commands or say any words?

Yes

No (VS)

*Note: anyone who shows the ability to obey even simple commands or utter any word or communicate specifically in any other way is no longer considered to be in vegetative state. Eye movements are not reliable evidence of meaningful responsiveness. Confirmation of VS requires full assessment.*

**INDEPENDENCE AT HOME:**

**2a.** Is the assistance of another person at home essential every day for some activities of daily living?

Yes

No (VS) ***If no: go to 3a***

*Note: for a NO answer they should be able to look after themselves at home for 24 hours if necessary, though they need not actually look after themselves. Independence includes the ability to plan for and carry out the following activities: getting washed, putting on clean clothes without prompting, preparing food for themselves, dealing with callers and handling minor domestic crises. The person should be able to carry out activities without needing prompting or reminding and should be capable of being left alone overnight.*

**2b.** Do they need frequent help of someone to be around at home most of the time?

Yes (lower SD)

No (upper SD)

*Note: for a NO answer they should be able to look after themselves at home up to eight hours during the day if necessary, though they need not actually look after themselves*

**2c.** Was the patient independent at home before the injury?

Yes

No

## INDEPENDENCE OUTSIDE HOME:

**3a.** Are they able to shop without assistance?

Yes                      No (upper SD)

*Note:* this includes being able to plan what to buy, take care of money themselves and behave appropriately in public. They need not normally shop but must be able to do so.

**3b.** Were they able to shop without assistance before?

Yes                      No

**4a.** Are they able to travel locally without assistance?

Yes                      No (upper SD)

*Note:* they may drive or use public transport to get around. Ability to use a taxi is sufficient, provided the person can phone for it themselves and instruct the driver.

**4b.** Were they able to travel locally without assistance before the injury?

Yes                      No

**5a.** Are they currently able to work (or look after others at home) to their previous capacity?

Yes *If yes: go to 6a*    No

## WORK:

**5b.** How restricted are they?

a. Reduced work capacity? (Upper MD)

b. Able to work only in a sheltered workshop or non-competitive job or currently unable to work? (Lower MD)

**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 7a*    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 (Lower GR)
- b. Participate much less: less than half as often (Upper MD)
- c. Unable to participate: rarely, if ever, take part (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 8a**

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

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

- a. Occasional - less than weekly (Lower GR)
- b. Frequent - once a week or more, but not tolerable (Upper MD)
- c. Constant - daily and intolerable (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 b 7*

## 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 ... Please describe: