

Changes in Health, End-Stage Disease, Signs, and Symptoms Scale (CHESS)

Score	Item
0–2, 8	Change in decision making
0–3	Change in ADL status
0–2, 8	Change in ADL status
0–4	Health condition — vomiting
0–4	Health condition — peripheral edema
0–3	Health condition — dyspnea
0,1	End-stage disease
0,1	Weight loss
0,1	Insufficient fluid
0,1	Dehydrated
0,1	Decrease in food or fluid
0,1	Fluid output exceeds input

Range: 0–5

Scoring:

- 0 = No health instability
- 1 = Minimal health instability
- 2 = Low health instability
- 3 = Moderate health instability
- 4 = High health instability
- 5 = Very high health instability

The CHESS Scale is calculated by adding sign and symptom variables up to a maximum of 2, then adding three other variables (Change in decision making, Change in ADL status, and End-stage disease), giving a highest CHESS score of 5.

Source: Hirdes JP, Frijters D, Teare G. 2003. The MDS CHESS Scale: A New Measure to Predict Mortality in the Institutionalized Elderly. *Journal of the American Geriatrics Society* 51(1): 96–100.