

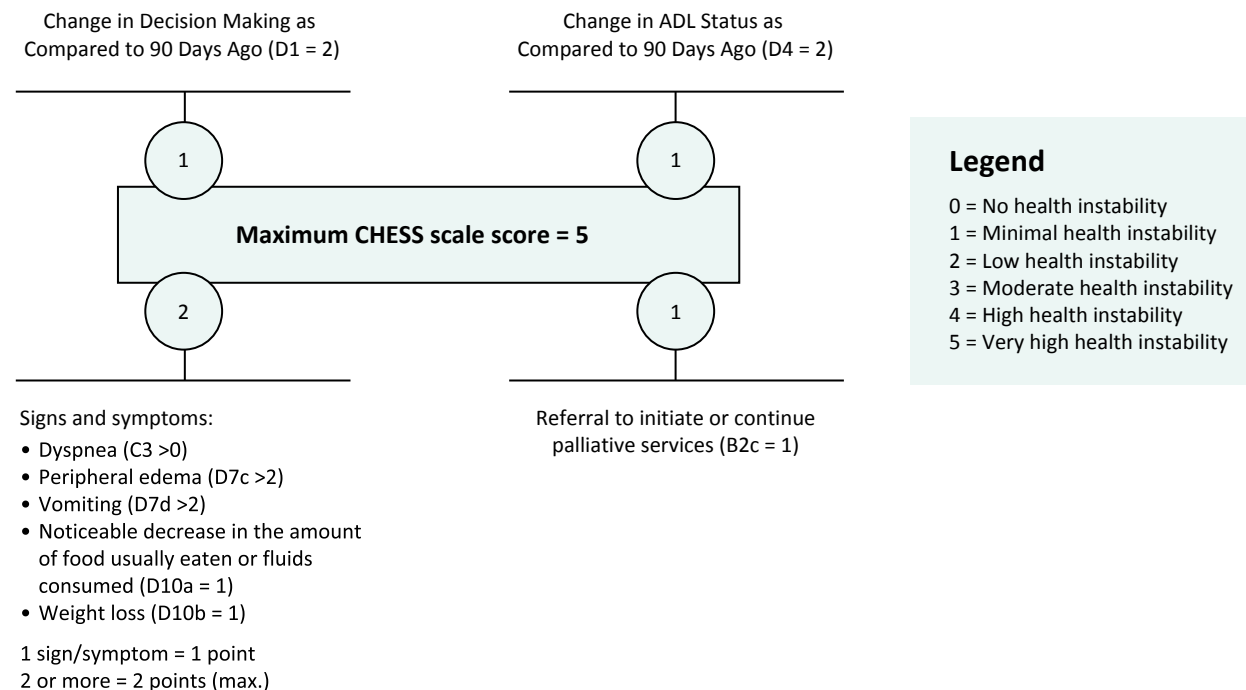


interRAI CA (IRRS): Calculating the CHESS Scale Score

The Changes in Health, End-Stage Disease and Signs and Symptoms (CHESS) scale detects frailty and health instability and identifies a person at risk of serious decline. Higher scores are associated with adverse outcomes such as mortality, hospitalization, pain, caregiver stress and poor self-rated health. CHESS scale scores range from 0 to 5.

The following diagram illustrates the calculation of the CHESS scale from the interRAI Contact Assessment. The score is calculated by adding the score for signs and symptoms variables (a maximum total score of 2), with the scores for 3 other assessment items (Change in Decision Making as Compared to 90 Days Ago, Change in ADL Status, and Referred to initiate or continue palliative services).

Score calculation



Note

ADL: Activity of daily living.

Source

Adapted from Hirdes JP, et al. [The MDS-CHESS Scale: A new measure to predict mortality in institutionalized older people](#). *Journal of the American Geriatrics Society*. 2003.



Appendix

Text alternative for image

There are 5 steps in the process to determine a CHESS scale score. First, if there is a Change in Decision Making as Compared to 90 Days Ago (D1 = 2), add 1 point. Second, if there is a Change in ADL (activity of daily living) Status as Compared to 90 Days Ago (D4 = 2), add 1 point. Third, if there was a Referral to initiate or continue palliative services (B2c = 1), add 1 point. Fourth, consider the following signs and symptoms: Dyspnea (C3 is greater than 0), Peripheral edema (D7c is greater than 2), Vomiting (D7d is greater than 2), Noticeable decrease in the amount of food usually eaten or fluids consumed (D10a = 1), and Weight loss (D10b = 1). If only 1 sign or symptom is present, add 1 point. If 2 or more are present, add 2 points. Finally, add all the points together for a maximum CHESS scale score of 5. Scores range from 0 to 5, defined as follows: 0 = No health instability; 1 = Minimal health instability; 2 = Low health instability; 3 = Moderate health instability; 4 = High health instability; and 5 = Very high health instability.



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