

Cumulative Illness Rating Scale for Nursing Homes (CIRS-NH)

Modified by Savvas S, Scherer S and Vaughan M 2019, with permission from Miller, Paradis, and Reynolds 1991

Patient

Date

Rater

Instructions:

Write brief descriptions of the medical problem(s) that justified the endorsed score on the dotted line next to each item. Refer to reverse side for example rating advice and how to rate malignancies.

Minimum score for each item is 0.
Maximum score for each item is 4.

GENERAL RATING STRATEGY

- 0** No problem
- 1** Current mild problem or past significant problem
- 2** Moderate disability or morbidity/requires first line therapy
- 3** Severe/constant significant disability/uncontrollable chronic problems
- 4** Extremely severe/immediate treatment required/end organ failure/severe impairment in function

	SCORE
HEART (any heart related conditions)	
VASCULAR (including hypertension)	
HEMATOPOIETIC (blood, blood vessels and cells, marrow, spleen, lymphatics)	
RESPIRATORY (lungs, bronchi, trachea, below the larynx)	
EYES, EARS, NOSE, THROAT and LARYNX (rated AFTER instrumental correction e.g. hearing aid, glasses)	
UPPER GI (esophagus, stomach, duodenum)	
LOWER GI (intestines, hernias)	
LIVER (including biliary and pancreatic trees)	
RENAL (kidneys only)	
GENITOURINARY (ureters, bladder, urethra, prostate, genitals, uterus, ovaries)	
MUSCULOSKELETAL/INTEGUMENT (muscles, bone, skin)	
NEUROLOGICAL (brain, spinal cord and nerves. Do NOT include dementia)	
ENDOCRINE/METABOLIC AND BREAST (including diabetes, thyroid, breast, systemic infections, toxicity)	
PSYCHIATRIC ILLNESS (including depression, anxiety, agitation/delirium, psychosis)	
NEUROCOGNITIVE (dementia and related disorders, BPSD)	

RATING MALIGNANCIES

(rate in the appropriate organ category):

1. Cancer diagnosed in remote past without evidence of recurrence/sequelae in past 10 years.
2. Cancer diagnosed in the past without evidence of recurrence/sequelae in past 5 years.
3. Required chemotherapy, radiation, hormonal therapy or surgical procedure for cancer in past 5 years.
4. Recurrent life threatening malignancy/failed containment of primary malignancy/palliative treatment.

HEART

1. Remote MI (>5yrs ago); occasional angina.
2. CHF compensated with Rx; daily anti-angina Rx; left ventricular hypertrophy; atrial fib/ daily antiarrhythmic Rx.
3. Moderate CHF; Previous MI (<5 yrs ago); abnormal stress test; status post percutaneous coronary angioplasty; coronary artery bypass graft surgery.
4. Intractable CHF; Marked restriction to ADL secondary to cardiac status; unstable angina;

VASCULAR

1. HT controlled Rx free with restricted salt & weight.
2. HT w once daily antihypertensive Rx; 1 sympt atherosclerosis
3. HT with 2+ daily antihypertensive Rx; 2+ symptoms of atherosclerosis
4. Malignant/uncontrolled HT; atherosclerosis requires surgery.

HEMATOPOIETIC

1. Hemoglobin:10-12g/dl(female), 12-14g/dl(male); anaemia of chronic 'inflammatory' disease.
2. Hemoglobin:8-10g/dl(female),10-12g/dl(male); Previous DVT; anaemia secondary to Iron,B12vit or folate deficiency or chronic renal failure; WBC 2000-4000/mmc.
3. Haemoglobin:<8g/dl(female),<10g/dl(male);DVT or recent DVT(<6months ago); WBC<2000/mmc
4. Any leukaemia/lymphoma.

RESPIRATORY

nb pack year =(# of cig per day x years smoking)/20

1. Recurrent episodes of acute bronchitis; current asthma treatment with prn inhalers; cig smoker 10-20 pack year
2. Instrumental diagnosis of COPD; daily prn inhalers; 2+ pneumonia episodes <5yrs ago; smoker 20-40 pack year.
3. Limited ambulation secondary to limited respiratory capacity; oral steroids for lung disease; smoker>40 pack year; acute pneumonia treated as outpatient
4. Require supplement Oxy; 1+ episode resp failure need assisted vent; any lung cancer; acute pneumonia requires hosp.

EYES, EARS, NOSE, THROAT AND LARYNX

1. Corrected vision w glasses; mild hearing loss; chronic sinusitis.
2. Diffic read newspaper w glasses; require hearing aid; chronic sinonasal complaints need Rx; Vertigo/dizziness need daily Rx.
3. Partially blind (needs escort); unable to read newsprint; impaired hearing despite hearing aid.
4. Functional blind/deaf; laryngectomy; need surgery for vertigo

UPPER GI

1. Hiatal hernia; heartburn treated with prn Rx.
2. Daily H2 blocker or antacid; gastric or duoden ulcer <5yrs ago
3. Active ulcer; guaiac positive stools; any swallowing disorder of dysphagia.
4. Gastric cancer; Hx of perforated ulcer; melena or hematochezia from Upper GI source.

LOWER GI

1. Constipation managed with prn Rx; active haemorrhoids; status post hernia repair.
2. Daily bulk lax/stool softener; diverticulosis; untreated hernia.
3. Bowel impaction in past year; daily stimulant laxative/enema.
4. Hematochezia from lower GI source; currently impacted; diverticulitis flare up; S/P bowel obstruction; bowel carcinoma.

LIVER

1. Hepatitis >5 yrs ago; cholecystectomy.
2. Cholelithiasis; mild elevated LFT (<150%norm); hepatitis <5 yrs ago; daily/ heavy alcohol use <5 yrs ago.
3. Elevated bilirubin (total>2); marked elevated LFT (>150%normal); requires supp pancreatic enzymes for digestion.
4. Biliary obstruction; any biliary tree carcinoma; cholecystitis; pancreatitis; active hepatitis;

RENAL

1. Kidney stone passage Hx<10yrs;
2. Serum Creat>1.5 but <3.0 w/o diuretic or antihypertens Rx.
3. Serum Creatinine>3.0 or serum creatinine>1.5 with diuretic, antihypertensive or bicarb therapy; current pyelonephritis.
4. Requires dialysis; renal carcinoma.

GENITOURINARY

1. Stress incontinence; hysterectomy; BPH w/o urinary symptoms
2. Abnorm pap smr;freq UTI (3+ in yr); urine incont (nonstress) in fem; BPH w hesit/freq; current UTI; urine divers procd; S/P TURP
3. Prostatic cancer in situ; vaginal bleeding; cervical carcinoma in situ; haematuria; status post urosepsis in past yr.
4. Acute urinary retention; any GU carcinoma except as above.

MUSCULOSKELETAL/INTEGUMENT

1. Prn Rx for arthritis or limited ADL from joint path; excised non-melanotic skin cancers; skin infection require antibiotic in past yr
2. Daily antiarthritic Rx or use of assistive devices or mod limited ADL; daily Rx for chronic skin cond; melanoma w/o metastasis.
3. Severely impaired ADL second to arthritis; steroids for arthritic condition; vertebral compression fractures from osteoporosis.
4. Wheelchair bound; severe joint deformity or impaired usage; osteomyelitis;any bone/muscle carcinoma;metastatic melanoma

NEUROLOGICAL

1. Headache need prn Rx w/o limited ADL; Tia phenomena Hx (1)
2. Daily Rx for chron headache; TIA or 2+ Hx of TIA; prev CVA w/o sig residual; mild severity neurodegen dis (eg Parkinson,MS,ALS)
3. S/P CVA with mild residual dysfunction; any CNS neurosurgical procedure; moderate severity neurodegenerative disease.
4. S/P CVA with residual functional hemiparesis or aphasia; severe neurodegenerative disease.

ENDOCRINE/METABOLIC AND BREAST

1. Diabetes compensated with diet; mild obesity (BMI 30-35); thyroid hormone replacement.
2. Diabetes require insulin or oral agents; fibrocystic breast disease; moderate obesity (35-45).
3. Electrolyte imbalance requires hosp; morbid obesity (BMI>45).
4. Brittle/poorly controlled diabetes; requires adrenal hormone replacement; adrenal, thyroid, breast carcinoma.

PSYCHIATRIC ILLNESS

1. Minor psych condition or Hx. Previous psych treatment w/o hosp; major depress event &/or antidepress Rx w/o hosp>10yrs ago; occasional minor tranq for episodic anxiety.
2. Major Depression <10yrs ago; any previous psych hospital; substance abuse history>10 yrs ago.
3. Current major depress or 2+ episode of major depres <10 yrs; daily antianxiety or antipsych Rx; subst abuse;
4. Current mental illness & psych inpatient or intensive outpatient care (eg severe depression, acute psychosis, severe agitation from dementia or substance abuse).

NEUROCOGNITIVE

1. MCI (mild cognitive impairment): CDR score= 0.5
2. Mild dementia: SMMSE score 20-25; CDR score= 1
3. Moderate dementia: SMMSE score 10-19; ACFI PAS-CIS/CDS score >10; CDR score= 2
4. Severe dementia: SMMSE score 0-9; ACFI PAS-CIS/CDS score >10; CDR score= 3