



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

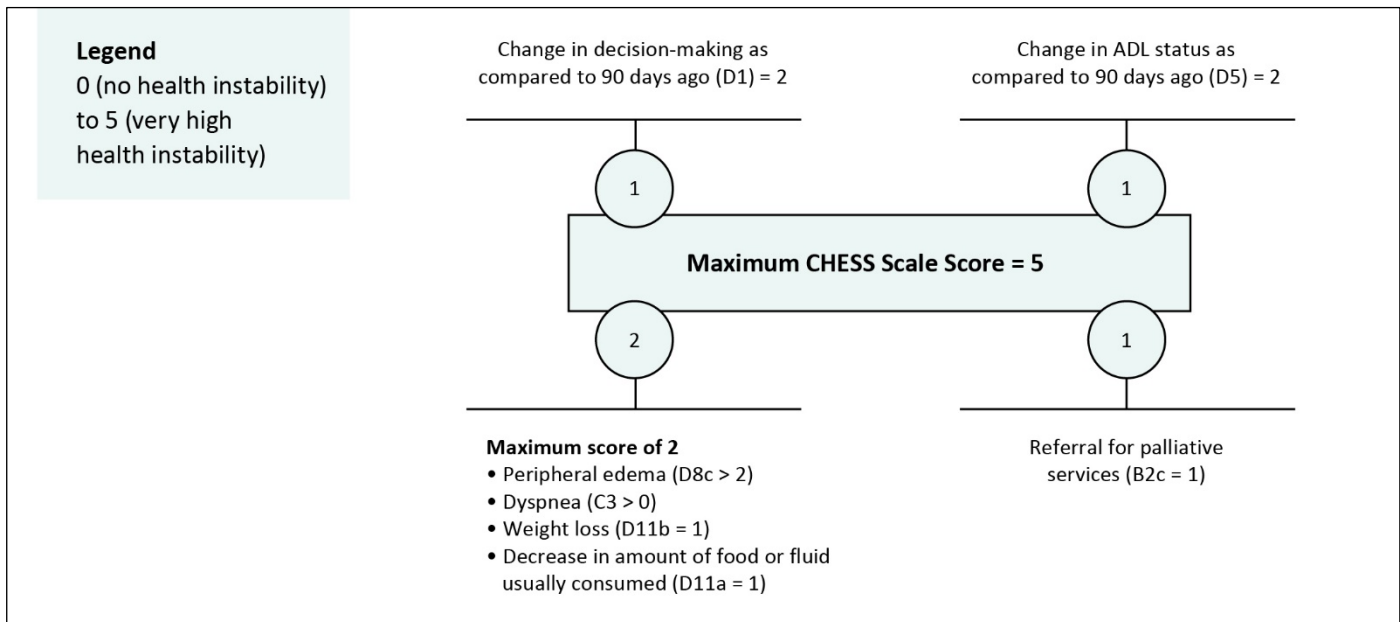
## Used with interRAI CA, Intake From Community/Hospital

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.

Add sign and symptom variables up to a maximum score of 2, and then add the 3 other variables.

## CHESS diagram

### CHESS Scale



#### 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.

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