

***RECOMMENDED CHANGES IN THE LAKE LOUISE ACUTE
MOUNTAIN SICKNESS SCORING SYSTEM.***

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Introduction

The Lake Louise scoring system has been useful in standardising the collection of information on the key symptoms of acute mountain sickness (AMS). This has enabled data from different studies to be compared. We recommend that the self-assessment section of the questionnaire should be completed at least twice a day to capture changes in clinical features during ascent to high altitude. As a result the question on sleep becomes redundant later in the day. We have also been concerned that better quantitation of central nervous system changes is required, particularly on the useful clinical feature of ataxia which is currently one of the signs in the clinical assessment section. We suggest the rather non-specific question on dizziness be replaced with a more specific question on balance.

In this way the number of questions remains the same, whatever time of day is chosen for completion of the questionnaire. However the morning questionnaire is likely to have the sleep question answered, with ataxia not applicable, and vice versa later in the day. A score of three points or more remains the diagnostic threshold for AMS. Some minor changes to the wording of the questions are suggested to reduce ambiguity.

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Current	Proposed
<u>Headache</u>	<u>Headache</u>
0 None at all	0 No headache
1 Mild headache	1 Mild headache
2 Moderate headache	2 Moderate headache
3 Severe headache, incapacitating	3 Severe headache
<u>Gastrointestinal symptoms</u>	<u>Appetite</u>
0 Good appetite	0 Normal appetite
1 Poor appetite or nausea	1 Loss of appetite
2 Moderate nausea or vomiting	2 Nausea
3 Severe, incapacitating nausea and vomiting	3 Vomiting
<u>Fatigue and/or weakness</u>	<u>Energy</u>
0 Not tired or weak	0 Normal energy
1 Mild fatigue/weakness	1 Mild lethargy
2 Moderate fatigue/weakness	2 Moderate lethargy
3 Severe fatigue/weakness	3 Severe lethargy
<u>Dizziness/lightheadedness</u>	<u>Balance</u>

0 None	0 No loss of balance
1 Mild	1 Mild unsteadiness
2 Moderate	2 Moderate unsteadiness
3 Severe, incapacitating	3 Difficulty standing
<u>Difficulty sleeping</u>	<u>Sleep</u>
0 Slept as well as usual	0 Slept as well as usual
1 Did not sleep as well as usual	1 Did not sleep as well as usual
2 Woke many times, poor night's sleep	2 Woke many times, poor night's sleep
3 Could not sleep at all	3 Could not sleep at all

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