

AMS Worksheet in Nepali

Based on the Lake Louise AMS Questionnaire

Name _____ Age _____ Sex _____ Date _____

Prev Hx AMS/HAPE/HACE?

Meds:

Ascent Profile:

Treatment:

Time _____
Altitude _____

Symptoms:

1. Headache: (Kapal Dukcha)

No headache (Dukdaina)	0	_____	_____	_____	_____
Mild headache (Ali Ali Dukcha)	1	_____	_____	_____	_____
Moderate headache (Thikai Dukcha)	2	_____	_____	_____	_____
Severe, incapacitating (Ekdam Dukcha)	3	_____	_____	_____	_____

2. GI: (Pet Ko Bare Lachyanharu)

No GI symptoms (Wak-Wak Chhaina, Bhok Lagcha)	0	_____	_____	_____	_____
Poor appetite or nausea (Wak-Wak Lagcha, Bhok Chhaina)	1	_____	_____	_____	_____
Moderate nausea or vomiting (Wak-Wak Ra Ali-Ali Banta)	2	_____	_____	_____	_____
Severe N&V incapacitating (Dherai Banta)	3	_____	_____	_____	_____

3. Fatigue/weakness: (Thakai Lagne)

Not tired or weak (Thakai Chhaina)	0	_____	_____	_____	_____
Mild fatigue/weakness (Alikati Thakai)	1	_____	_____	_____	_____
Moderate fatigue/weakness (Thikai-Thikai Thakai)	2	_____	_____	_____	_____
Severe F/W, incapacitating (Dherai Thakai)	3	_____	_____	_____	_____

4. Dizzy/lightheaded: (Ringata Lagne)

Not dizzy (Ringata Chhaina)	0	_____	_____	_____	_____
Mild dizziness (Alikati Ringata)	1	_____	_____	_____	_____
Moderate dizziness (Thikai-Thikai Ringata)	2	_____	_____	_____	_____
Severe, incapacitating (Dherai Ringata)	3	_____	_____	_____	_____

5. Difficulty sleeping: (Sutna Garo)

Slept as well as usual (Ramrai Suteko)	0	_____	_____	_____	_____
Did not sleep as well as usual (Ramrai Nasuteko)	1	_____	_____	_____	_____
Woke many times, poor night's sleep (Dherai Choti Utheko)	2	_____	_____	_____	_____
Could not sleep at all (Sutdai Nasuteko)	3	_____	_____	_____	_____

Symptom Score: _____

Clinical Assessment:

6.Change in mental status:

No change	0	_____	_____	_____	_____
Lethargy/lassitude	1	_____	_____	_____	_____
Disoriented/confused	2	_____	_____	_____	_____
Stupor/semiconsciousness	3	_____	_____	_____	_____

7.Ataxia (heel to toe walking):

No ataxia	0	_____	_____	_____	_____
Maneuvers to maintain balance	1	_____	_____	_____	_____
Steps off line	2	_____	_____	_____	_____
Falls down	3	_____	_____	_____	_____
Can't stand	4	_____	_____	_____	_____

8.Peripheral edema:

No edema	0	_____	_____	_____	_____
One location	1	_____	_____	_____	_____
Two or more locations	2	_____	_____	_____	_____

Clinical Assessment Score:

Total Score (Symptom + Clinical):

Using the worksheet

Patients are assigned a single score for each numbered group. For visual ease, we have designed the worksheet so that this score is entered next to the corresponding symptom severity level.

For example, a person with moderate AMS might get 2 points for moderate headache, 1 point for poor appetite, and 1 point for mild fatigue, for a total symptom score of 4. In addition, this person might get 1 point for facial edema, for a clinical assessment score of 1 and a total AMS score of 5.

Serial evaluations several hours apart give a good measure of whether a patient is responding to treatment or deteriorating.

Notes on Nepali: the words are given in a standard phonetic transliteration.

"Th" is a hard T with slightly more air after it, NOT like "the" in English.

"e" is usually pronounced as a long "a" sound, like "say" in English.

Thanks to Dr. Buddha Basnyat of the [Himalayan Rescue Association Nepal](#) for the Nepali translations.