thinkALS — TOOL FOR CLINICIANS

thinkALS.alsagoldenwest.org

COULD THIS BE ALS?

PROGRESSIVE and ASYMMETRIC MUSCLE WEAKNESS without radicular pain or sensory loss.

A: LIMB ONSET OR FEATURES

- ❑ Ankle weakness, finger weakness or proximal arm or leg weakness
- ❑ Muscle atrophy (especially around the thumb)
- ❑ Fasciculations and cramps in a weak limb (look for deltoid, scapular, triceps, thigh regions)

B: BULBAR ONSET OR FEATURES

- ❑ Slow or slurred speech
- ❑ Dysphagia to liquids and/or solids (coughs frequently with water)
- ❑ Pseudobulbar affect/emotional lability
- ❑ Excessive saliva or pharyngeal mucus secretions
- ❑ Tongue fasciculations or atrophy (best assessed when tongue fully relaxed in floor of mouth)

C: SUPPORTING ALS

- ❑ Family history of ALS or dementia
- ❑ Progressive unintentional weight loss, with muscle weakness
- ❑ Unexplained neck weakness
- ❑ Unexplained frequent falls and gait abnormalities
- ❑ Orthopnea or hemidiaphragm weakness
- ❑ End-of-the-day worsening in speech and weakness
- ❑ Hyperreflexia with presence of atrophy and weakness

D: AGAINST ALS

- ❑ Presence of isolated radicular pain
- ❑ Symmetric proximal OR distal limb weakness
- ❑ Cog wheel rigidity
- ❑ Prominent sensory loss
- ❑ Isolated fasciculations or cramps without weakness
- ❑ Rapid onset with no progression

thinkALS if patient has:

AT LEAST ONE feature in **CATEGORY A** or **B, AND NO** features in **CATEGORY D**

Additional presence of **AT LEAST ONE** feature in **CATEGORY C** strengthens ALS suspicion

Consider urgent referral to a multidisciplinary ALS center!

Please state clearly in your referral "**CLINICAL SUSPICION FOR ALS**".
Most ALS Centers can accommodate **URGENT ALS** referrals within 2 weeks!

To find a Multidisciplinary ALS Center or Clinic near you, visit
CLINICS.ALSAGOLDENWEST.ORG

ALS Golden West Chapter ASSOCIATION

THIS TOOL IS INTENDED TO SERVE AS REFERRAL GUIDE & SHOULD NOT BE USED TO CONFIRM AN ALS DIAGNOSIS

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