

Performance status

Performance status is an attempt to quantify cancer patients' general wellbeing. This measure is used to determine whether they can receive chemotherapy, whether dose adjustment is necessary, and as a measure for the required intensity of palliative care. It is also used in oncological randomized controlled trials as a measure of quality of life.

There are various scoring systems. The most generally used are the *Karnofsky score* and the *Zubrod score*, the latter being used in publications by the WHO. For children, the *Lansky score* is used.

Karnofsky Performance Scale

A standard way of measuring the ability of cancer patients to perform ordinary tasks. The Karnofsky Performance scores range from 0 to 100. A higher score means the patient is better able to carry out daily activities. KPS may be used to determine a patient's prognosis, to measure changes in a patient's ability to function, or to decide if a patient could be included in a clinical trial.

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| 100 | Normal, no complaints, no evidence of disease |
| 90 | Able to carry on normal activity: minor symptoms of disease |
| 80 | Normal activity with effort: some symptoms of disease |
| 70 | Cares for self: unable to carry on normal activity or active work |
| 60 | Requires occasional assistance but is able to care for needs |
| 50 | Requires considerable assistance and frequent medical care |
| 40 | Disabled: requires special care and assistance |
| 30 | Severely disabled: hospitalization is indicated, death not imminent |
| 20 | Very sick, hospitalization necessary: active treatment necessary |
| 10 | Moribund, fatal processes progressing rapidly |
| 0 | Dead |

ECOG/WHO/Zubrod score

The ECOG score is also called the WHO or Zubrod score runs from 0 to 5, with 0 denoting perfect health and 5 death:

- 0 - Asymptomatic (KPS=100)
- 1 - Symptomatic but completely ambulant (KPS=90-80)
- 2 - Symptomatic, <50% in bed during the day (KPS=70-60)
- 3 - Symptomatic, >50% in bed, but not bedbound (KPS=50)
- 4 - Bedbound (KPS=40-10)
- 5 - Death (KPS=0)