NACC Uniform Data Set (UDS) – Initial Visit Packet

Form B3: Evaluation Form – Unified Parkinson’s Disease Rating Scale (UPDRS\(^1\)) – Motor Exam

Center: ____________________ ADC Subject ID: __ __ __ __ __ __ __ __ __ __ Form Date: __ __/__ __/__ __ __ __

NOTE: This form is to be completed by the clinician or other trained health professional.

ADC Visit #: __ __ __

For additional clarification and examples, see UDS Coding Guidebook for Initial Visit Packet, Form B3. Check only one box per question.

Examiner’s initials: __ __ __

<table>
<thead>
<tr>
<th></th>
<th>0 Normal.</th>
<th>1 Slight loss of expression, diction and/or volume.</th>
<th>2 Monotone, slurred but understandable; moderately impaired.</th>
<th>3 Marked impairment, difficult to understand.</th>
<th>4 Unintelligible.</th>
<th>8 Untestable (specify reason):</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Speech</td>
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<tr>
<td>2. Facial expression</td>
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<tr>
<td>3. Tremor at rest</td>
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</tr>
</tbody>
</table>

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### 3c. Left hand
- **0** Absent.
- **1** Slight and infrequently present.
- **2** Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present.
- **3** Moderate in amplitude and present most of the time.
- **4** Marked in amplitude and present most of the time.
- **8** Untestable (*specify reason*):

### 3d. Right foot
- **0** Absent.
- **1** Slight and infrequently present.
- **2** Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present.
- **3** Moderate in amplitude and present most of the time.
- **4** Marked in amplitude and present most of the time.
- **8** Untestable (*specify reason*):

### 3e. Left foot
- **0** Absent.
- **1** Slight and infrequently present.
- **2** Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present.
- **3** Moderate in amplitude and present most of the time.
- **4** Marked in amplitude and present most of the time.
- **8** Untestable (*specify reason*):

### 4. Action or postural tremor of hands
#### 4a. Right hand
- **0** Absent.
- **1** Slight; present with action.
- **2** Moderate in amplitude, present with action.
- **3** Moderate in amplitude with posture holding as well as action.
- **4** Marked in amplitude; interferes with feeding.
- **8** Untestable (*specify reason*):

#### 4b. Left hand
- **0** Absent.
- **1** Slight; present with action.
- **2** Moderate in amplitude, present with action.
- **3** Moderate in amplitude with posture holding as well as action.
- **4** Marked in amplitude; interferes with feeding.
- **8** Untestable (*specify reason*):

### 5. Rigidity (judged on passive movement of major joints with patient relaxed in sitting position; cogwheeling to be ignored)
#### 5a. Neck
- **0** Absent.
- **1** Slight or detectable only when activated by mirror or other movements.
- **2** Mild to moderate.
- **3** Marked, but full range of motion easily achieved.
- **4** Severe; range of motion achieved with difficulty.
- **8** Untestable (*specify reason*):
5b. Right upper extremity

- □ 0 Absent.
- □ 1 Slight or detectable only when activated by mirror or other movements.
- □ 2 Mild to moderate.
- □ 3 Marked, but full range of motion easily achieved.
- □ 4 Severe; range of motion achieved with difficulty.
- □ 8 Untestable (specify reason):

5c. Left upper extremity

- □ 0 Absent.
- □ 1 Slight or detectable only when activated by mirror or other movements.
- □ 2 Mild to moderate.
- □ 3 Marked, but full range of motion easily achieved.
- □ 4 Severe; range of motion achieved with difficulty.
- □ 8 Untestable (specify reason):

5d. Right lower extremity

- □ 0 Absent.
- □ 1 Slight or detectable only when activated by mirror or other movements.
- □ 2 Mild to moderate.
- □ 3 Marked, but full range of motion easily achieved.
- □ 4 Severe; range of motion achieved with difficulty.
- □ 8 Untestable (specify reason):

5e. Left lower extremity

- □ 0 Absent.
- □ 1 Slight or detectable only when activated by mirror or other movements.
- □ 2 Mild to moderate.
- □ 3 Marked, but full range of motion easily achieved.
- □ 4 Severe; range of motion achieved with difficulty.
- □ 8 Untestable (specify reason):

6. Finger taps (patient taps thumb with index finger in rapid succession)

6a. Right hand

- □ 0 Normal.
- □ 1 Mild slowing and/or reduction in amplitude.
- □ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement.
- □ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement.
- □ 4 Can barely perform the task.
- □ 8 Untestable (specify reason):

6b. Left hand

- □ 0 Normal.
- □ 1 Mild slowing and/or reduction in amplitude.
- □ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement.
- □ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement.
- □ 4 Can barely perform the task.
- □ 8 Untestable (specify reason):

7. Hand movements (patient opens and closes hands in rapid succession)

7a. Right hand

- □ 0 Normal.
- □ 1 Mild slowing and/or reduction in amplitude.
- □ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement.
- □ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement.
- □ 4 Can barely perform the task.
- □ 8 Untestable (specify reason):
### 7b. Left hand

- **0** Normal.
- **1** Mild slowing and/or reduction in amplitude.
- **2** Moderately impaired; definite and early fatiguing; may have occasional arrests in movement.
- **3** Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement.
- **4** Can barely perform the task.
- **8** Untestable (specify reason):

### 8. Rapid alternating movements of hands (pronation-supination movements of hands, vertically and horizontally, with as large an amplitude as possible, both hands simultaneously)

#### 8a. Right hand

- **0** Normal.
- **1** Mild slowing and/or reduction in amplitude.
- **2** Moderately impaired; definite and early fatiguing; may have occasional arrests in movement.
- **3** Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement.
- **4** Can barely perform the task.
- **8** Untestable (specify reason):

#### 8b. Left hand

- **0** Normal.
- **1** Mild slowing and/or reduction in amplitude.
- **2** Moderately impaired; definite and early fatiguing; may have occasional arrests in movement.
- **3** Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement.
- **4** Can barely perform the task.
- **8** Untestable (specify reason):

### 9. Leg agility (patient taps heel on the ground in rapid succession, picking up entire leg; amplitude should be at least 3 inches)

#### 9a. Right leg

- **0** Normal.
- **1** Mild slowing and/or reduction in amplitude.
- **2** Moderately impaired; definite and early fatiguing; may have occasional arrests in movement.
- **3** Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement.
- **4** Can barely perform the task.
- **8** Untestable (specify reason):

#### 9b. Left leg

- **0** Normal.
- **1** Mild slowing and/or reduction in amplitude.
- **2** Moderately impaired; definite and early fatiguing; may have occasional arrests in movement.
- **3** Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement.
- **4** Can barely perform the task.
- **8** Untestable (specify reason):
10. Arising from chair (patient attempts to rise from a straight-backed chair, with arms folded across chest)

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Normal.</td>
</tr>
<tr>
<td>1</td>
<td>Slow; or may need more than one attempt.</td>
</tr>
<tr>
<td>2</td>
<td>Pushes self up from arms of seat.</td>
</tr>
<tr>
<td>3</td>
<td>Tends to fall back and may have to try more than one time, but can get up without help.</td>
</tr>
<tr>
<td>4</td>
<td>Unable to arise without help.</td>
</tr>
<tr>
<td>8</td>
<td>Untestable (specify reason):</td>
</tr>
</tbody>
</table>

11. Posture

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Normal.</td>
</tr>
<tr>
<td>1</td>
<td>Not quite erect, slightly stooped posture; could be normal for older person.</td>
</tr>
<tr>
<td>2</td>
<td>Moderately stooped posture, definitely abnormal; can be slightly leaning to one side.</td>
</tr>
<tr>
<td>3</td>
<td>Severely stooped posture with kyphosis; can be moderately leaning to one side.</td>
</tr>
<tr>
<td>4</td>
<td>Marked flexion with extreme abnormality of posture.</td>
</tr>
<tr>
<td>8</td>
<td>Untestable (specify reason):</td>
</tr>
</tbody>
</table>

12. Gait

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Normal.</td>
</tr>
<tr>
<td>1</td>
<td>Walks slowly; may shuffle with short steps, but no festination (hastening steps) or propulsion.</td>
</tr>
<tr>
<td>2</td>
<td>Walks with difficulty, but requires little or no assistance; may have some festination, short steps, or propulsion.</td>
</tr>
<tr>
<td>3</td>
<td>Severe disturbance of gait requiring assistance.</td>
</tr>
<tr>
<td>4</td>
<td>Cannot walk at all, even with assistance.</td>
</tr>
<tr>
<td>8</td>
<td>Untestable (specify reason):</td>
</tr>
</tbody>
</table>

13. Posture stability (response to sudden, strong posterior displacement produced by pull on shoulders while patient erect with eyes open and feet slightly apart; patient is prepared)

<table>
<thead>
<tr>
<th>Option</th>
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</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Normal erect.</td>
</tr>
<tr>
<td>1</td>
<td>Retropulsion, but recovers unaided.</td>
</tr>
<tr>
<td>2</td>
<td>Absence of postural response; would fall if not caught by examiner.</td>
</tr>
<tr>
<td>3</td>
<td>Very unstable, tends to lose balance spontaneously.</td>
</tr>
<tr>
<td>4</td>
<td>Unable to stand without assistance.</td>
</tr>
<tr>
<td>8</td>
<td>Untestable (specify reason):</td>
</tr>
</tbody>
</table>

14. Body bradykinesia and hypokinesia (combining slowness, hesitancy, decreased arm swing, small amplitude, and poverty of movement in general)

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>None.</td>
</tr>
<tr>
<td>1</td>
<td>Minimal slowness, giving movement a deliberate character; could be normal for some persons; possibly reduced amplitude.</td>
</tr>
<tr>
<td>2</td>
<td>Mild degree of slowness and poverty of movement which is definitely abnormal. Alternatively, some reduced amplitude.</td>
</tr>
<tr>
<td>3</td>
<td>Moderate slowness, poverty or small amplitude of movement.</td>
</tr>
<tr>
<td>4</td>
<td>Marked slowness, poverty or small amplitude of movement.</td>
</tr>
<tr>
<td>8</td>
<td>Untestable (specify reason):</td>
</tr>
</tbody>
</table>