

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.

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)