

Lake Louise Consensus Scoring System for Acute Mountain Sickness (AMS) in Adults. Self assessment required, other parts optional.

Date _____ Name: _____

Sleeping altitude _____

Maximum altitude _____

Self-Assessment. Score yourself for the five symptoms listed below. Remember that fatigue will be expected after exercise.

S1. Headache

- (0) None at all
(1) Mild headache
(2) Moderate headache
(3) Severe, incapacitating headache

S2. Gastrointestinal

- (0) Good appetite
(1) Poor appetite and/or nausea
(2) Moderate nausea and/or vomiting
(3) Severe, incapacitating nausea/vomiting

S3. Fatigue and/or weakness

- (0) Not tired or weak
(1) Mild fatigue/weakness
(2) Moderate fatigue/weakness
(3) Severe fatigue/weakness

S4. Dizziness or light-headedness

- (0) None
(1) Mild
(2) Moderate
(3) Severe, incapacitating

S5. Difficulty sleeping

- (0) Slept as well as usual
(1) Did not sleep as well as usual
(2) Woke many times, poor night's sleep
(3) Could not sleep at all

Total Self-Assessment Score (S)=

Clinical Assessment. These questions are answered by a physician or other examiner. Clarifications at right are for untrained examiners.

C1. Change in mental status

- (0) No change
(1) Lethargy/lassitude
(3) Stupor/semi-consciousness
(4) Coma

Inability to motivate to perform appropriate tasks

C2. Ataxia (heel/toe walking)

- (0) None
(1) Balance maneuvers
(2) Steps off the line
(3) Falls down
(4) Unable to stand

Draw a line 6-10 ft long on safe, flat ground
Using arms and body movement to maintain balance

C3. Peripheral edema

- (0) None
(1) One location
(2) Two or more locations

Swelling of the extremities (e.g., ankles) or around the eyes

Total Clinical Score (C)=

Functional Score. Rate yourself:

F1. Effect on activities

- (0) None
(1) Mild reduction
(2) Moderate reduction
(3) Severe reduction; bed rest

(F)=

You have AMS if you have a headache and:

- Your total self-assessment score **(S)** is 3 or higher, OR
- The sum of your total self-assessment score and your total clinical assessment score **(S+C)** is 5 or higher, OR
- The sum of all scores **(S+C+F)** is 6 or higher.

Seek appropriate treatment and do not ascend further if you have AMS.

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