

Health Index of Grogono and Woodgate

Overview: Grogono and Woodgate developed a simple health index for evaluating the state of a person's health. This can be used to determine a person state at a given moment and the need for treatment. It can also be monitored over time to determine a person's response to interventions. The authors were from the Royal Free Hospital in London and St. Andrew's Hospital in Essex United Kingdom.

Parameters:

- (1) ability to work
- (2) recreation
- (3) physical suffering
- (4) mental suffering
- (5) communication
- (6) sleep
- (7) dependency on others
- (8) feeding (eating and food enjoyment)
- (9) excretion
- (10) sexual activity

Parameter	Finding	Points
work	normal	1
	impaired or reduced	0.5
	prevented	0
hobbies and recreation	normal	1
	impaired or reduced	0.5
	prevented	0
physical suffering (malaise pain or suffering)	none	1
	mild and intermittent	0.5
	present	0
mental suffering	carefree and happy	1
	mild worry or unhappiness	0.5
	worried and unhappy	0

communication	normal	1
	impaired or reduced	0.5
	prevented	0
sleep	normal	1
	impaired or reduced	0.5
	marked interference	0
dependence on others	independence in activities of daily living	1
	impaired or reduced	0.5
	dependent	0
feeding (eating and food enjoyment)	normal	1
	minor impairment	0.5
	major impairment	0
micturition and defecation	normal	1
	minor impairment in either or both	0.5
	major impairment in either or both	0
state of sex life	normal for state of life	1
	impaired or reduced	0.5
	marked interference	0

after the table from page 1024

where:

- Work: The score is awarded on the basis of ability to do the tasks associated with everyday life. A person doing reduced or no work on medical advice should be score 0.5 or 1 even if the person feels that he or she could do more. If a person is able to do his or her normal job even if hospitalized may be scored as 1. If a person reaches the compulsory retirement age but is otherwise able to work the score is 1.
- Communication: A language barrier alone should not be used as criteria for a reduced score.
- Eating: A patient on a diet may have a reduced score if they dislike the diet.
- Sex life: A child or voluntary celibate person without a sex life should be scored 1 since that is normal for them. A person's whose sex life is deprived from what he or she would want should be given a reduced score.

- The grading scheme of 0 0.5 or 1 is simple. The table could be modified to give percentage of normal or more functional levels.

health index score = (SUM(points for all 10 parameters)) / 10

Interpretation:

- minimum score: 0
- maximum score: 1
- The higher the score the more normal the functioning. The lower the score the greater the impairment and disability.

References:

Grogono AW Woodgate DJ. Index for measuring health. Lancet. 1971; 2: 1024-1026.