MG-ADL
Essential Insights

The fluctuating nature of MG symptoms makes it challenging to consistently assess disease severity and its impact on patients' daily lives.[1]

Over the past few decades multiple assessment tools have been developed to reflect clinician-reported (objective), patient-reported, and composite measures of MG disease severity.[1]

The Myasthenia Gravis Activities of Daily Living **(MG-ADL) Scale**

The MG-ADL scale is a patient-reported outcome (PRO) tool that assesses MG symptoms and functional status on a scale from 0–24. It is comprised of 8 items, each scored from 0 (normal) to 3 (most severe).[2,3]

Higher total score = greater symptom severity[2]

The scale is an easy-to-use tool which can be administered in under 10 minutes.[2]

MG-ADL Assessment[2]

MG-ADL					
Grade	**0**	**1**	**2**	**3**	**Score**
Talking	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal speech, but can be understood	Difficult-to-understand speech	
Chewing	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube	
Swallowing	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube	
Breathing	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence	
Impairment of ability to brush teeth or comb hair	None	Extra effort, but no rest periods needed	Rest periods needed	Cannot do one of these functions	
Impairment of ability to arise from chair	None	Mild, sometimes uses arms	Moderate, always uses arms	Severe, requires assistance	
Double vision	None	Occurs, but not daily	Daily, but not constant	Constant	
Eyelid droop	None	Occurs, but not daily	Daily, but not constant	Constant	
Total score					

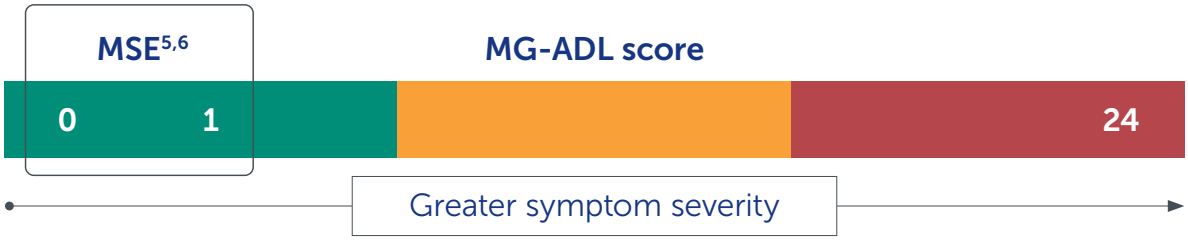
Interpreting MG-ADL

- A drop of at least 2 points in MG-ADL signifies a clinically meaningful change in the severity of MG symptoms.[4]

Clinically meaningful improvement: a ≥2-point reduction in score[4]

Clinically meaningful worsening: a ≥2-point increase in score.[4]

- In MG-ADL, equal weight is given to all items; however clinical relevance will vary. It is important to review individual item scores to determine where the disease is active and to guide personalised treatment for your patient.
- Minimal Symptom Expression (MSE) has become an important treatment goal for patients with MG. MSE is and is defined as an MG-ADL score of 0 or 1 and is a useful tool to measure treatment effectiveness.[5,6]



Incorporating the Myasthenia Gravis Composite (MGC)

- While MG-ADL can be used to understand patient-perceived impact, MGC reports a combination of subjective PROs and objective physician-reported measures; using both together provides a more complete picture of a patient's disease severity.
- MGC is a hybrid of 6 clinician- and 4 patient-reported items from the patient's medical history, that covers the 10 items of most relevance to people living with MG.[7,8] The outcome measure incorporates items from MG-ADL, QMG, and the MMT.[1,7]
- A drop of at least 3 points in MGC signifies a clinically meaningful change in the severity of MG symptoms.[8]

Clinically meaningful improvement: a ≥3-point reduction in score[8]

For further information on the use of MG-ADL and MGC scoring in monitoring patients with MG, download the comprehensive guide **'Patient-Centred Monitoring in MG'**

Abbreviations: MG, Myasthenia Gravis; **MG-ADL,** Myasthenia Gravis Activities of Daily Living; **MGC,** Myasthenia Gravis Composite; **MMT,** Manual Muscle Test; **MSE,** minimal symptom expression; **PRO,** Patient-Reported Outcome; **QMG,** Quantitative Myasthenia Gravis score.

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Date of preparation: February 2026. AU-DA-2500146. UCA10087.