# Congenital Myasthenia Syndrome

**Child / Adult Form** (Appropriate for ≈ 3 years+)

## ECG Details

### Factors influencing today’s assessment

- Fatigue
- Last medication
- Other (give details)

## 1a Food Textures

| Description | Score |
|-------------|-------|
| Eats all textures of food | 0 |
| Eats cut up or small pieces of food or avoids hard/chewy foods | 1 |
| Eats minced/ pureed food | 2 |
| Minimal oral intake | 3 |

## 1b Eating a meal (with or without assistance)

| Description | Score |
|-------------|-------|
| Able to consume a whole meal in the same time as others sharing the meal | 0 |
| Able to consume a whole meal in the same time as others only with encouragement or needs some additional time (<10 min) | 1 |
| Able to consume a whole meal but requires substantially more than 10 minutes extra compared to others eating the same meal or reduces portion size | 2 |
| Unable to consume a whole meal even with additional time, assistance | 3 |

## 1c Swallowing

| Description | Score |
|-------------|-------|
| Never has problems when swallowing and never chokes on food/drink. | 0 |
| May experience occasional (less than once a month) problems swallowing certain types of food or occasionally chokes | 1 |
| Has regular trouble swallowing food/drink or chokes on food/drink (more than once a month) | 2 |
| Has trouble swallowing saliva or secretions | 3 |

## 2 Respiratory

### Spirometry

| sitting | lying |
|---------|-------|
| FVC     |       |

### % predicted FVC

- □
- □
- □
**3 ADAPTED QMG**  
See manual for different testing procedures for different ages

| Timed Tests               | Time in seconds | Change | 0 | 1 | 2 | 3 |
|---------------------------|-----------------|--------|---|---|---|---|
| Lateral Diplopia          | >60             | ↑↓≈    | 11-60 | 1-10 | 0 |
| Ptosis                    | >60             | ↑↓≈    | 11-60 | 1-10 | 0 |
| Eyelid closure            | Normal          |        | Some resistance | Unable to resist | Incomplete lid closure |
| Head Lift to 45°          | >120            | ↑↓≈    | 30-120 | 0-30 | Unable |
| Raise right arm to 90°    | >240            | ↑↓≈    | 91-240 | 11-90 | 0-10 |
| Raise left arm to 90°     | >240            | ↑↓≈    | 91-240 | 11-90 | 0-10 |
| Leg right raise to 45°    | >100            | ↑↓≈    | 31-100 | 1-30 | 0 |
| Leg left raise to 45°     | >100            | ↑↓≈    | 31-100 | 1-30 | 0 |
| Slurp Test                |                 | Time it takes to drink 120ml of liquid from a beaker using a straw |
| Count to 50               |                 | Time it takes to count to 50 |
| "Me – Bee" Test           |                 | Time it takes for a repetition of to become unclear |

**4 Myometry**  
Test Dominant side only unless recognized asymmetry. Dominant R L

| Muscle / Muscle Group      | Result (Maximum Force) | Muscle / Muscle Group | Result (Maximum Force) |
|---------------------------|------------------------|-----------------------|------------------------|
| Grip strength             |                        |                       |                        |
| Shoulders flexors         |                        |                       |                        |
| Knee extensors            |                        |                       |                        |
| Neck flexors              |                        |                       |                        |
| Grip endurance            | Maximum grip pre       | Repetitions done      | Reps done              |
|                           | repetitions             | using                 |                        |
|                           |                        | 10                    |                        |
|                           |                        | Other                  |                        |

☐ Kilograms  
☐ Newtons  
☐ Pounds

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# Manual Muscle Testing (MMC)

| Muscle Type       |  |  |  |
|-------------------|---|---|---|
| Shoulder flexors  |  |  |  |
| Knee extensors    |  |  |  |
| Neck flexors      |  |  |  |

Supplementary Figure 1B. Standardized testing for children and adults older than 3 years.