

The following questionnaire is intended to help define your symptoms and provide valuable information and insights for your doctor. Answer the questions, rating to the best of your ability the problems you have experienced over the past two weeks.



BON SECOURS VIRGINIA HEALTH SYSTEM



Sino-Nasal Outcome Test (SNOT-20)

Patient Name: _____ Date: _____

1. Consider how severe the problem is when you experience it and how frequently it happens. Please rate each item below on how "bad" it is by circling the number that corresponds with how you feel. 2. Please mark the most important items affecting your health (maximum of 5 items).	No problem	Very mild problem	Mild or slight problem	Moderate problem	Severe problem	Problem as bad as it can be	5 most important items
1. Need to blow nose	0	1	2	3	4	5	<input type="radio"/>
2. Sneezing	0	1	2	3	4	5	<input type="radio"/>
3. Runny nose	0	1	2	3	4	5	<input type="radio"/>
4. Cough	0	1	2	3	4	5	<input type="radio"/>
5. Post-nasal discharge	0	1	2	3	4	5	<input type="radio"/>
6. Thick nasal discharge	0	1	2	3	4	5	<input type="radio"/>
7. Ear fullness	0	1	2	3	4	5	<input type="radio"/>
8. Dizziness	0	1	2	3	4	5	<input type="radio"/>
9. Ear pain	0	1	2	3	4	5	<input type="radio"/>
10. Facial pain/pressure	0	1	2	3	4	5	<input type="radio"/>
11. Difficulty falling asleep	0	1	2	3	4	5	<input type="radio"/>
12. Wake up at night	0	1	2	3	4	5	<input type="radio"/>
13. Lack of sleep	0	1	2	3	4	5	<input type="radio"/>
14. Wake up tired	0	1	2	3	4	5	<input type="radio"/>
15. Fatigue	0	1	2	3	4	5	<input type="radio"/>
16. Reduced productivity	0	1	2	3	4	5	<input type="radio"/>
17. Reduced concentration	0	1	2	3	4	5	<input type="radio"/>
18. Frustrated/restless/irritable	0	1	2	3	4	5	<input type="radio"/>
19. Sad	0	1	2	3	4	5	<input type="radio"/>
20. Embarrassed	0	1	2	3	4	5	<input type="radio"/>

Score	Evaluation	Recommended Next Step
0 to 39	No problem to Mild	No action necessary or symptoms can be treated with OTC medication
40 to 59	Mild to Moderate	Symptoms can most likely be treated with OTC medication or prescription medicine
60 to 79	Moderate to Severe	An appointment with a specialist or your PCP is recommended and/or prescription medicine can be taken to treat symptoms
80 to 100	Severe	An appointment with a specialist is recommended, treatment to be determined by doctor. Possible surgical candidate.

*The SNOT score evaluation is to be used as a guide and not a physician's diagnosis. Treatment to be determined by a doctor upon appointment.