



THE UNIVERSITY  
of TEXAS

MEDICAL SCHOOL  
AT HOUSTON

**University of Texas  
Medical School at Houston  
Department of Otorhinolaryngology-  
Head & Neck Surgery  
Texas Sinus Institute  
www.ut-ent.org  
Established Patient Questionnaire**

Rev. 2008-08-01

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SCAN THIS PAGE.

Name	MRN	DOB	Date
Telephone H	W	M	
Pharmacy Name	Telephone		
How did you hear about us? <input type="checkbox"/> Sent by another physician (If so, please give name below.) <input type="checkbox"/> Sent by a friend <input type="checkbox"/> Internet search <input type="checkbox"/> UT and/or TSI reputation <input type="checkbox"/> Other ( <i>Specify</i> )			
Physician #1 ( <input type="checkbox"/> sent by this physician)			
Name	Fax	Telephone	
Address	City, State	Zip	
Physician #2 ( <input type="checkbox"/> sent by this physician)			
Name	Fax	Telephone	
Address	City, State	Zip	

**Important Note on Medical Records and Previous Imaging**

Please be sure to bring your previous medical records. In particular, previous CT scans and MRI scans of the nose and sinuses are very important. Please try to obtain the actual films (not just the radiology reports); images on CD-ROM are preferable.

**START HERE:**

**What symptom gives you the most trouble?**

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## Nasal Symptom Inventory

The following rating scale will be used to complete the questions:

Scale	Severity Definition
0 <b>None</b>	Absent-NO symptom evident
1 <b>Mild</b>	Symptom clearly PRESENT but minimal awareness; easily tolerated
2 <b>Moderate</b>	Definite awareness of symptom that is bothersome, but tolerable
3 <b>Severe</b>	Symptom is hard to tolerate; interferes with activities of daily living and/or sleeping

Using the rating scale above, please rate the following symptoms according to how you feel right now.

	None	Mild	Moderate	Severe
<b>Facial or sinus pressure</b> (pressure or fullness in the area behind the eyes, cheeks, forehead, or sinuses)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Facial or sinus pain</b> (pain in the area around the eyes, cheeks, forehead)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Headache</b> (dull to intense, throbbing pain in head)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Nasal congestion</b> (stopped up or stuffy nose)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Nasal obstruction</b> (inability to move air through the nose)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Post-nasal drip</b> (sinus drainage in the back of the throat)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Clear nasal discharge</b> (nasal mucus that is clear)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Discolored nasal discharge</b> (nasal mucus that is green, yellow, and/or brown)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Itchy nose/eyes/throat</b> (sensation of itchiness in the nose, eyes and/or throat)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Nose bleeds</b> (bleeding, not bloody mucus, from the nose)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tiredness</b> (feeling worn out or drained due to chronic sinusitis)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Wheezing</b> (whistling sound from breathing, associated with chest tightness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cough</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Below you will find a list of symptoms and social/emotional consequences of your rhinosinusitis. We would like to know more about these problems and would appreciate your answering the following questions to the best of your ability. There are no right or wrong answers, and only you can provide us with this information. Please rate your problems as they have been over the past two weeks. Thank you for your participation. Do not hesitate to ask for assistance if necessary.

Considering 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 using this scale:

	No Problem	Very Mild Problem	Mild or Slight Problem	Moderate Problem	Severe Problem	Problem as Bad as It Can Be	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 a good night's 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"/>

**Important:**

Please mark the most important items affecting your health (maximum of 5 items).

Adapted from: Piccirillo JF, Merrit MG Jr., Richards, ML. Psychometric and clinical validity of the 20-item Sino-Nasal Outcome Test (SNOT-20). *Otolaryngol Head Neck Surg*, 126:41-47 (2002).

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**Other Treatments**

Have you seen another physician since your last visit?

- Yes
- No

If Yes, please provide details.

**Medications**

Please list your current medications.


Please list any other medications that you have taken since your last visit, but are not longer using.


Are you allergic to any medications?

- Yes
- No

*(If yes, please give details.)*

*Details*

**Comments**

**Instructions:** This 30-question survey was designed to help understand the severity of your disease and how it can affect every aspect of your daily life. For each of the following questions, please mark in the one circle that best describes your answer. If you are unsure about how to answer a question, please give the best answer you can.

		Never	Almost Never	Sometimes	Almost Always	Always
F1	Because of my problem I feel handicapped	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F2	Because of my problems I feel restricted in performance of my routine daily activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F3	Because of my problem I restrict my recreational activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F4	Because of my problem I feel frustrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F5	Because of my problem I feel fatigued	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P6	Because of my problem I do not sleep well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P7	I have difficulty with exertion due to my nasal obstruction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P8	I am inconvenienced by my chronic runny nose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P9	The pain or pressure in my face makes it difficult for me to concentrate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P10	The pain in my eyes makes it difficult for me to read	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P11	I have difficulty stooping over to lift objects due to face pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E12	Because of my problem I feel stressed in relationships with friends and family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E13	Because of my problem I avoid traveling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E14	Because of my problem I feel confused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E15	Because of my problem I have difficulty paying attention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E16	Because of my problem I avoid being around people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E17	Because of my problem I am frequently angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E18	Because of my problem I do not like to socialize	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E19	Because of my problem I frequently feel tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P20	Food does not taste good because of my change in smell	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E21	Because of my problem I frequently feel irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P22	Because of my problem I have difficulty with strenuous yard work and housework	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F23	Because of my problem I miss work or social activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P24	My frequent sniffing is irritating to my friends and family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P25	Straining increases or worsens my problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E26	Because of my problem I am depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E27	My problem places stress on my relationship with members of my family or friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F28	My outlook on the world is affected by my problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F29	Because of my problem I find it difficult to focus my attention away from my problem and on other things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P30	My sexual activity is affected by my problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Adapted from: Benninger MS, Senior BA. The development of the rhinosinusitis disability index. *Arch Otolaryngol Head Neck Surg*, 123:1175-1179 (1997).

**STOP.**