

## Reflux Severity Index (RSI)

### How to complete this Questionnaire:

<ul style="list-style-type: none"> <li>These are statements many people have used to describe their voices and the effects of their voices on their lives</li> <li>In the last <b>1 month</b>, how did the following problems affect you?</li> <li>Circle the rating number that reflects the severity of the problem for you, for each statement.</li> </ul>	<p><b>0 - 5 Rating Scale</b></p> <p>0 = no problem                  1 = Very mild problem                  2 = Moderate or slight problem                  3 = Moderate problem                  4 = Severe problem                  5 = Problem as bad as it can be</p>
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Situation	Degree of Problem					
Hoarseness or a problem with your voice	0	1	2	3	4	5
Clearing your throat	0	1	2	3	4	5
Excess throat or mucous post-nasal drip	0	1	2	3	4	5
Difficulty swallowing food, liquids or pills	0	1	2	3	4	5
Coughing after you ate or after lying down	0	1	2	3	4	5
Breathing difficulties or choking episodes	0	1	2	3	4	5
Troublesome or annoying cough	0	1	2	3	4	5
Sensations of something sticking in your throat	0	1	2	3	4	5
Heartburn, chest pain, indigestion, or stomach acid coming up	0	1	2	3	4	5
<b>TOTAL 5 x 9 = 45 Max</b>	_____					

A RSI score of **13 or higher** may be indicative of significant reflux disease  
you may want to organise a consultation with the MEG Team for assessment.

Feel free to contact us via the form below

Belafsky, P. C., Postma, G. N., & Koufman, J. A. (2002). Validity and reliability of the reflux symptom index (RSI). *J Voice*, 16(2), 274-277