

## Sino-Nasal Outcome Test Rehabilitation (SNOT-22)

### How to complete this Questionnaire:

<ul style="list-style-type: none"> <li>Below you will find a list of symptoms and social/emotional consequences of your rhinosinusitis.</li> <li>We would like to know more about these problems and would appreciate your answering the following questions to the best of your ability.</li> <li>There are no right or wrong answers, and only you can provide us with this information.</li> <li>Please rate your problems as they have been over the past <b>two weeks</b>.</li> </ul> <ol style="list-style-type: none"> <li>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</li> <li>Please mark the most important items affecting your health (maximum of 5 items)</li> </ol>	<p>0 = No problem                  1 = Very Mild problem                  2 = Mild 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	5 most important items
Need to blow nose	0 1 2 3 4 5	
Sneezing	0 1 2 3 4 5	
Runny Nose	0 1 2 3 4 5	
Cough	0 1 2 3 4 5	
Post-nasal discharge (dripping at the back of your nose)	0 1 2 3 4 5	
Thick Nasal Discharge	0 1 2 3 4 5	
Ear Fullness	0 1 2 3 4 5	

Dizziness	0	1	2	3	4	5	
Ear Pain	0	1	2	3	4	5	
Facial pain/Pressure	0	1	2	3	4	5	
Difficulty falling asleep	0	1	2	3	4	5	
Wake up at night	0	1	2	3	4	5	
Lack of a good night's sleep	0	1	2	3	4	5	
Wake up tired	0	1	2	3	4	5	
Fatigue	0	1	2	3	4	5	
Reduced productivity	0	1	2	3	4	5	
Reduced concentration	0	1	2	3	4	5	
Frustrated/restless/irritable	0	1	2	3	4	5	
Sad	0	1	2	3	4	5	
Embarrassed	0	1	2	3	4	5	
Sense of taste/smell	0	1	2	3	4	5	
Blockage/congestion of nose	0	1	2	3	4	5	
<b>TOTAL 5 x 22 = 110 max</b>	— — — — —						

A score of 7 or below is considered 'normal'

If you score 8 or above, you may have sino-nasal symptoms that are affecting your quality of life, and you may want to arrange a consult to see one of our MEG surgeons

Kennedy, J. L., et al. (2013). "Sino-nasal outcome test (SNOT-22): a predictor of postsurgical improvement in patients with chronic sinusitis." *Ann Allergy Asthma Immunol* 111(4): 246-251 e242.