

Nasal Obstruction and Septoplasty Effectiveness (NOSE) - Scale

How to complete this Questionnaire:

<ul style="list-style-type: none"> • These are statements many people have used to describe their Nasal symptoms and the effect on their lives • In the last 1 month, how much of a problem were the following conditions for you? • Circle the rating number that reflects the severity of the problem for you, for each statement. 	<p>0 - 4 Rating Scale</p> <p>0 = <u>NOT</u> a problem 1 = Very mild problem 2 = Moderate problem 3 = Fairly bad problem 4 = Severe problem</p>
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Situation	Degree of Problem
Nasal congestion or stuffiness.	0 1 2 3 4
Nasal blockage or obstruction	0 1 2 3 4
Trouble breathing through my nose.	0 1 2 3 4
Trouble Sleeping.	0 1 2 3 4
Unable to get enough air through my nose during exercise or exertion.	0 1 2 3 4
TOTAL 4 x 5 = 20 (max) – then multiply by 5 for final score	_____

A NOSE score of:

<25 is suggestive of Mild obstruction

25-50, is suggestive of moderate obstruction

>50 is suggestive of severe obstruction

You may want to organise a consultation with the MEG Team for assessment. Feel free to contact us via the form below

Stewart, M. G., et al. (2004). "Development and validation of the Nasal Obstruction Symptom Evaluation (NOSE) scale." *Otolaryngol Head Neck Surg* 130(2): 157-163.