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NOSE SCORE

The Nasal Obstruction Symptom Evaluation (NOSE) survey is an assessment tool that can help us understand how your breathing symptoms are affecting your quality of life. NOSE is a simple, five-question, validated survey that uses a 20-point scale to capture breathing symptoms, with higher scores indicating more severe symptoms than lower scores.

Over the past one month, how much of a problem were the following conditions for you?

	Not a problem	Very mild problem	Moderate problem	Fairly bad problem	Severe 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

NOSE score (multiply your total score x5)

Nasal obstruction severity classification: mild (5-25) | moderate (30-50) | severe (55-75) | extreme (80-100)

A score of 0 means no problems with nasal obstruction and a score of 100 means the worst possible problems with nasal obstruction. Instrument was not designed to be used with individual patient data or to predict outcome on individuals.

Otolaryngology-Head and Neck Surgery: 162-163 STEWART et al February 2004.

Lipan MJ, Most SP. Development of a severity classification system for subjective nasal obstruction. JAMA Facial Plast Surg. 2013 15(5):358-61.

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