

Rocky Mountain ENT

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Sino-Nasal Outcome Test (SNOT-20)	No Problem	Very Mild Problem	Mild or slight problem	Moderate Problem	Severe Problem	Problem as bad as it can be
Consider 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 choosing the number that corresponds with how you feel.	0	1	2	3	4	5
Need to blow nose						
Sneezing						
Runny nose						
Cough						
Postnasal discharge						
Thick nasal drainage						
Ear fullness						
Dizziness						
Ear pain						
Facial Pain / Pressure						
Difficulty falling asleep						
Wake up at night						
Lack of sleep						
Wake up tired						
Fatigue						
Reduced productivity						
Reduced concentration						
Frustrated / Restless / Irritable						
Sad						
Nasal congestion						

Score	Evaluation	Recommended Next Step
0 to 10	No problem to mild problem	No actions necessary or symptoms can be treated with over-the-counter medication
11 to 40	Moderate problem	An appointment with a specialist or your PCP is recommended and/or prescription medicine can be taken to treat symptoms
41 to 69	Moderate to severe	Recommended and/or prescription medicine can be taken to treat symptoms
70 to 100	Severe to “as bad as can be”	Treatment to be determined by doctor. Possible surgical candidate.