

DFW Sinus - Monty V. Trimble, MD Sino-Nasal Outcome Test (SNOT) Rate the severity and frequency of these health issues that you have experienced over the past two weeks.	No Problem	Very Mild Problem	Mild or Slight Problem	Moderate Problem	Severe Problem	Problem is bad as it can be	Most important 5 items
1. Need to blow your nose	0	1	2	3	4	5	
2. Sneezing	0	1	2	3	4	5	
3. Runny nose (rhinorrhea)	0	1	2	3	4	5	
4. Nasal obstruction	0	1	2	3	4	5	
5. Loss of smell or taste	0	1	2	3	4	5	
6. Cough	0	1	2	3	4	5	
7. Postnasal discharge	0	1	2	3	4	5	
8. Thick nasal discharge	0	1	2	3	4	5	
9. Ear fullness	0	1	2	3	4	5	
10. Dizziness	0	1	2	3	4	5	
11. Ear pain	0	1	2	3	4	5	
12. Facial pain/pressure	0	1	2	3	4	5	
13. Difficulty falling asleep	0	1	2	3	4	5	
14. Wake up at night	0	1	2	3	4	5	
15. Lack of a good night's sleep	0	1	2	3	4	5	
16. Wake up tired	0	1	2	3	4	5	
17. Fatigue	0	1	2	3	4	5	
18. Reduced productivity	0	1	2	3	4	5	
19. Reduced concentration	0	1	2	3	4	5	
20. Frustrated/restless/irritable	0	1	2	3	4	5	
21. Sad	0	1	2	3	4	5	
22. Embarrassed	0	1	2	3	4	5	
Total SNOT Score							