NASAL OBSTRUCTION SYMPTOM EVALUATION (NOSE) INSTRUMENT

Date_________________________________________  Patient Name_________________________________________  Date of Birth____________________________________________

Please help us better understand the impact of nasal obstruction on your quality of life by completing the following survey.

Please circle the most correct response

Over the past 1 month, how much of a problem were the following conditions for you?

<table>
<thead>
<tr>
<th>Condition</th>
<th>Not a problem</th>
<th>Very mild problem</th>
<th>Moderate Problem</th>
<th>Fairly bad problem</th>
<th>Severe Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nasal congestion or stuffiness</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Nasal blockage or obstruction</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Trouble breathing through my nose</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Trouble sleeping</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Unable to get enough air through my nose during exercise or exertion</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**NOSE SCALE SCORING**

1. Have patient complete the questionnaire as indicated by circling the response closest to describing their current symptoms.
2. Sum the answers the patient circles and multiply by 5 to base the scale out of a possible score of 100 for analysis.

A score of 30 on the NOSE survey best differentiates patients with and without nasal obstruction. This threshold also provides intervals used to define other class ranges.

Patients are categorized as follows: Mild (range, 5-25), Moderate (range, 30-50), Severe (range, 55-75), Extreme (range, 80-100) nasal obstruction.

**MILD**

(NOSE SCALE SCORE: 5 - 25)

- Standard of care

**MODERATE, SEVERE, EXTREME**

(NOSE SCALE SCORE: MODERATE 30-50, SEVERE 55-75, EXTREME 80-100)

- Unable to tolerate Full Face Mask
- Refused CPAP
- CPAP intolerance
- OAT non-responder

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