



## 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?

	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

Your Score

### 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<sup>1,2</sup>.

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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System

<sup>1</sup>Lipan, M.J. & Most, S.P. (2013). Development of a Severity Classification System for Subjective Nasal Obstruction. Facial Plastic Surgery;15(5). 358-361. doi:10.1001/famafacial.2013.344

<sup>2</sup>Stewart MG, Witsell DL, Smith TL, Weaver EM, Yueh B, Hannley MT. Development and validation of the Nasal Obstruction Symptom Evaluation (NOSE) scale. Otolaryngol Head Neck Surg 2004; 130:157-63