

Nasal Outcome Score for Epistaxis in Hereditary Hemorrhagic Telangiectasia (NOSE HHT)

Below you will find a list of physical, functional, and emotional consequences of your nosebleeds. We would like to know more about these problems and would appreciate you answering the following questions to the best of your ability. There are no right or wrong answers, as your responses are unique to you. Please rate your problems as they have been over the **past two weeks**.

Thank you for your participation. Do not hesitate to ask for assistance if necessary.

Please rate how severe the following problems are due to your nosebleeds by circling the number that corresponds to how "bad" each problem is:	No Problem	Mild Problem	Moderate Problem	Severe Problem	Problem As Bad As It Can Be
1. Blood running down back of your throat	0	1	2	3	4
2. Blocked up/stuffy nose	0	1	2	3	4
3. Nasal crusting	0	1	2	3	4
4. Fatigue	0	1	2	3	4
5. Shortness of breath	0	1	2	3	4
6. Decreased sense of smell/taste	0	1	2	3	4
Please rate how difficult it is to perform the following tasks due to your nosebleeds:	No Difficulty	Mild Difficulty	Moderate Difficulty	Severe Difficulty	Complete Difficulty
7. Blow your nose	0	1	2	3	4
8. Bend over/pick something up off the ground	0	1	2	3	4
9. Breathe through your nose	0	1	2	3	4
10. Exercise	0	1	2	3	4
11. Work at your job (or school)	0	1	2	3	4
12. Stay asleep	0	1	2	3	4
13. Enjoy time with family/friends	0	1	2	3	4
14. Eat certain foods (i.e., spicy)	0	1	2	3	4
15. Have intimacy with spouse/significant other	0	1	2	3	4
16. Travel (i.e., by plane)	0	1	2	3	4
17. Fall asleep	0	1	2	3	4
18. Clean your house/apartment	0	1	2	3	4
19. Go outdoors regardless of the weather/season	0	1	2	3	4
20. Cook/prepare meal	0	1	2	3	4
Please rate how bothered you are by the following due to your nosebleeds:	Not Bothered	Very Rarely Bothered	Rarely Bothered	Frequently Bothered	Very Frequently Bothered
21. Fear of nosebleeds in public	0	1	2	3	4
22. Fear of not knowing when next nosebleed	0	1	2	3	4
23. Getting blood on your clothes	0	1	2	3	4
24. Fear of not being able to stop a nosebleed	0	1	2	3	4
25. Embarrassment	0	1	2	3	4
26. Frustration/restlessness/irritability	0	1	2	3	4
27. Reduced concentration	0	1	2	3	4
28. Sadness	0	1	2	3	4
29. The need to buy new clothes	0	1	2	3	4