## Parent Instructions

Please help us understand the impact of sinus and/or nasal problems on your child’s quality of life by checking one box for each question below. Thank you.

### Sinus Infection
Nasal discharge, bad breath, daytime cough, post-nasal drip, headache, facial pain or head banging. How often a problem for your child during the past 4 weeks?

- [ ] None of the time
- [ ] Hardly any time at all
- [ ] A small part of the time
- [ ] Some of the time
- [ ] A good part of the time
- [ ] Most of the time
- [ ] All of the time

### Nasal Obstruction
Stuffy or blocked nose, nasal congestion, reduced sense of smell, trouble breathing with mouth closed. How often a problem for your child during the past 4 weeks?

- [ ] None of the time
- [ ] Hardly any time at all
- [ ] A small part of the time
- [ ] Some of the time
- [ ] A good part of the time
- [ ] Most of the time
- [ ] All of the time

### Allergy Symptoms
Sneezing, itchy nose/eyes, need to rub nose/eyes, or watery eyes. How often a problem for your child during the past 4 weeks?

- [ ] None of the time
- [ ] Hardly any time at all
- [ ] A small part of the time
- [ ] Some of the time
- [ ] A good part of the time
- [ ] Most of the time
- [ ] All of the time

### Emotional Distress
Irritable, frustrated, sad, restless, or trouble sleeping. How often a problem for your child during the past 4 weeks because of nose or sinus illness?

- [ ] None of the time
- [ ] Hardly any time at all
- [ ] A small part of the time
- [ ] Some of the time
- [ ] A good part of the time
- [ ] Most of the time
- [ ] All of the time

### Activity Limitations
Missed school/daycare, lost time with family/friends, unable to do projects. How often a problem for your child during the past 4 weeks because of nose or sinus illness?

- [ ] None of the time
- [ ] Hardly any time at all
- [ ] A small part of the time
- [ ] Some of the time
- [ ] A good part of the time
- [ ] Most of the time
- [ ] All of the time

### Overall
How would you rate your child’s quality of life as a result of no or sinus problems?

(Circle one number)

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<th>1</th>
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<th>10</th>
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</thead>
<tbody>
<tr>
<td><strong>Worst Possible Quality-of-Life</strong></td>
<td><strong>Half-way Between Worst and Best</strong></td>
<td><strong>Best Possible Quality-of-Life</strong></td>
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### Physician only:

- [ ] Baseline (pre-medication)
- [ ] Follow-up week [ ] (post-medication)
- [ ] Baseline (pre-surgical)
- [ ] Follow-up week [ ] (post-surgical)

Score each of the 5 questions 1-7

**Patient ID #**

[ ] SN-5 Score (total sum / by 5)
Sinusitis is one of the most common infections in the United States. Sinusitis is an inflammation, or swelling, of the tissue lining the sinuses. Normally, sinuses are filled with air, but when sinuses become blocked and filled with fluid, germs (bacteria, viruses, and fungi) can grow and cause an infection. In children, common environmental factors that contribute to sinusitis include allergies, illness from other children at day care or school, reflux, and smoke in the environment. Acute sinusitis is a sudden onset of cold-like symptoms such as runny, stuffy nose and facial pain that does not go away after 10 to 14 days. Chronic sinusitis is a condition characterized by sinus inflammation symptoms lasting 12 weeks or longer.

Adenoids help filter out germs from your body, sometimes they can get overwhelmed by bacteria and become infected. When this happens they also get inflamed and swollen. This condition is called adenoiditis. It is difficult to distinguish between chronic adenoiditis and chronic sinusitis, since clinical symptoms and exam findings are identical.  

How are these conditions treated?

- Both sinusitis and adenoiditis are treated with antibiotics. However, if your child has frequent infections, including ear, or antibiotics do not help, or if your child has ongoing breathing problems, surgery may be needed. Your ENT physician may recommend removing the adenoids, flushing the maxillary (cheek) sinuses with saline, and dilating the opening to the maxillary sinuses with a balloon (Balloon Sinuplasty or BSP).

  o Together, you and your child’s doctor can discuss the pros and cons of surgery and determine if it is necessary.

For more information on pediatric sinus care, visit www.balloonsinuplasty.com