

Sinus Headache Screener

Instructions for patients: Please complete the following questions related to your **pain, discomfort, or pressure in your face, neck, or head**. Your responses will help us determine next steps in your care.

1. **For the symptoms related to the pain, discomfort, or pressure in your face, neck, or head, do you have chronic symptoms (daily or almost daily for 4 or more weeks)?**

YES (1) NO (0)

2. **Do changes in pressure due to weather regularly trigger an episode?**

YES (2) NO (0)

3. **Does exercise regularly trigger an episode?**

YES (2) NO (0)

During a typical episode, do you experience:

4. **Motion sickness**

Always (1) Very Often (1) Sometimes (1) Rarely (0) Never (0)

5. **Loss of ability to smell**

Always (-2) Very Often (-2) Sometimes (-2) Rarely (0) Never (0)

6. **Twitching on face**

Always (1) Very Often (1) Sometimes (1) Rarely (0) Never (0)

7. **Ear pain**

Always (2) Very Often (2) Sometimes (2) Rarely (0) Never (0)

8. **During your typical episodes, how would you describe your mucus/snot? (check all that apply)**

Cloudy (0) Clear (0) Yellow, green, or brown (-2)

I do not have mucus/runny nose during my episodes, or I do not know (0)

SCORING (for clinician)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

TOTAL:

Scoring: To score this questionnaire, add responses from questions 1-8.

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Instructions for Clinicians

This purpose of this questionnaire is to help differentiate sinusitis (e.g. sinus infections) from non-inflammatory or non-rhinogenic causes of facial pain or pressure (e.g. migraine).

It can be administered to patients experiencing pain, discomfort, or pressure overlying the sinuses, but can also include pain or pressure involving the face, neck, or head (including eyes, ears, cheeks, eyebrows, jaw, temples, nose, or teeth).

Each response is associated with a positive or negative numerical score (in parentheses). After the patient completes the questionnaire, the sum of the scores indicates the likely etiology of the sinus headache:

CURRENT SCORING GUIDE:
-4 – 0: consider sinusitis
1 – 3: likely not sinusitis, consider migraine, etc.
4 – 9: <i>highly</i> unlikely to be sinusitis, consider migraine, etc.