Because of the scoring algorithm for each item, the range of raw scores on the final instrument was from 0 to 20. The instrument was then scaled to a total score of 0 to 100 by multiplying the raw score by 5. Because of item wording, a score of 0 means no problems with nasal obstruction and a score of 100 means the worst possible problems with nasal obstruction.

The final version of the instrument is shown in Figure 2.

DISCUSSION

Although global quality-of-life and health status instruments are an important part of health status assessment, for many conditions the changes in health status are too subtle or disease specific to be assessed using the content of a global instrument. Therefore disease-specific health status instruments are needed.\textsuperscript{15} This has been shown to be true in many diseases, including visual loss from cataracts\textsuperscript{16} and hearing loss.\textsuperscript{17}

We completed the validation of a disease-specific instrument designed to assess nasal obstruction: the NOSE Scale. The instrument is brief and easy to complete, with minimal respondent burden. This is important if the instrument is going to be given repeatedly in prospective trials. It is also reliable, valid, and responsive to change in clinical status, as demonstrated with the data presented here. This means that scores on the instrument remain consistent when the underlying patient’s status does not change (ie, there is little random or spurious error in the assessment), that the instrument is measuring what is supposed to measure, and that the scores on the instrument do respond when the patient’s underlying status changes.

Like many similar instruments, the NOSE Scale was validated for use in groups of patients, not individual patients. Therefore it could be used for
Nasal Obstruction Symptom Evaluation (NOSE) Instrument

NOSE SCALE ADMINISTRATION

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.