

NAME:

SINUSITIS/RHINITIS LOG

| Date | Time | Duration/ Pain Scale (out of 10) | Symptoms (1-Episode of Sinusitis, 2-Headaches, 3-Pain and Tenderness of Affected Sinus, 4- Purulent Discharge or Crusting, 5- Congestion* | Treatment (Over the Counter or Prescription: such as Humidifier, Antibiotics, Nasal Spray, Neti Pot, Steroids, Surgery) | Incapacitating Episode Requiring Bedrest? [Y/N] | Symptoms Experienced (Daily Notes) |
|------------------------|------------------|--|--|---|---|--|
| Example (Sinusitis) | 12:30 | 4 hours; 6/10 | 1, 2, 3, 4 | Antibiotics, Neti Pot, and Humidifier | Y | <i>Example: I had a headache for 4 hours and tenderness of both sinuses with purulent discharge. I used a neti pot four times.</i> |
| Example (Rhinitis) | Started in AM | All Day 8/10 | 5 | Humidifer | N/A | <i>Example: Starting early morning (and lasting all day), my left and right nostril were 50% congested.</i> |
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Rating Criteria for Respective Evaluations (Sinusitis)

50 Percent:

Following radical surgery with chronic osteomyelitis, or; near constant sinusitis characterized by headaches, pain and tenderness of affected sinus, and purulent discharge or crusting after repeated surgeries.

30 Percent:

Three or more incapacitating episodes per year of sinusitis requiring prolonged (lasting four to six weeks) antibiotic treatment, or; more than six non-incapacitating episodes per year of sinusitis characterized by headaches, pain, and purulent discharge or crusting.

10 Percent:

One or two incapacitating episodes per year of sinusitis requiring prolonged (lasting four to six weeks) antibiotic treatment or; three to six non-incapacitating episodes per year of sinusitis characterized by headaches, pain, and purulent discharge or crusting.

0 Percent:

Detected by X-ray only.

NOTE: These are the Sinusitis symptoms associated with corresponding disability evaluations. In general, you need symptoms at the respective evaluation to qualify for such. If these symptoms are experienced, you will want to list them in the “notes” section of the Sinusitis log. Please keep in mind the listed symptoms are not exhaustive. All symptoms you associate with your Sinusitis condition should be listed in the notes section even if it is not listed.

Rating Criteria for Respective Evaluations (Rhinitis)

30 Percent:

With polyps.

10 Percent:

Without polyps, but with greater than 50-percent obstruction of nasal passage on both sides or complete obstruction on one side.

**NOTE: If you are reporting symptoms of congestion (5), use the "Symptoms Experienced" column to specify which nostril (left, right, or both) is experiencing congestion. Additionally, please specify if the nostril is 50% or 100% congested.*

Medical Definitions

Osteomyelitis – Infection in a bone

Purulent Discharge – A type of fluid that is released from a wound, often described as being “milky” in appearance and texture

Polyp - A small growth, usually benign and with a stalk, protruding from a mucous membrane.