

Reflux Severity Index (RSI)

How to complete this Questionnaire:

<ul style="list-style-type: none"> These are statements many people have used to describe throat sensations and other symptoms that may indicate reflux In the last 1 month, how did the following problems affect you? Circle the rating number that reflects the severity of the problem for you, for each statement. 	<p>0 - 5 Rating Scale</p> <p>0 = no problem 1 = Very mild problem 2 = Moderate or slight problem 3 = Moderate problem 4 = Severe problem 5 = Problem as bad as it can be</p>
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Situation	Degree of Problem					
Hoarseness or a problem with your voice	0	1	2	3	4	5
Clearing your throat	0	1	2	3	4	5
Excess throat or mucous post-nasal drip	0	1	2	3	4	5
Difficulty swallowing food, liquids or pills	0	1	2	3	4	5
Coughing after you ate or after lying down	0	1	2	3	4	5
Breathing difficulties or choking episodes	0	1	2	3	4	5
Troublesome or annoying cough	0	1	2	3	4	5
Sensations of something sticking in your throat	0	1	2	3	4	5
Heartburn, chest pain, indigestion, or stomach acid coming up	0	1	2	3	4	5
TOTAL 5 x 9 = 45 Max						

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A RSI score of **13 or higher** may be indicative of significant reflux disease
you may want to organise a consultation with the MVAC Team for assessment.

Feel free to contact us via the form below

Belafsky, P. C., Postma, G. N., & Koufman, J. A. (2002). Validity and reliability of the reflux symptom index (RSI). *J Voice*, 16(2), 274-277

