



REFLUX SYMPTOM INDEX (RSI)¹

Patient Name:	
DOB:	
DATE OF VISIT:	
Provider:	

Within the last MONTH, how did the following problems affect you?	0 = No Problem 5 = Severe Problem					
1. Hoarseness or a problem with your voice	0	1	2	3	4	5
2. Clearing your throat	0	1	2	3	4	5
3. Excess throat mucous or postnasal drip	0	1	2	3	4	5
4. Difficulty swallowing food, liquids or pills	0	1	2	3	4	5
5. Coughing after you ate or after lying down	0	1	2	3	4	5
6. Breathing difficulties or choking episodes	0	1	2	3	4	5
7. Troublesome or annoying cough	0	1	2	3	4	5
8. Sensations of something sticking in your throat or a lump in your throat	0	1	2	3	4	5
9. Heartburn, chest pain, indigestion, or stomach acid coming up	0	1	2	3	4	5
	TOTAL =					

VOICE HANDICAP INDEX (VHI) – 10²

Instructions: These are statements that many people have used to describe their voices and the effects of their voices on their lives. Circle the response that indicates how frequently you have the same experience.

0 = never 1 = almost never 2 = sometimes 3 = almost always 4 = always

F1.	My voice makes it difficult for people to hear me.	0	1	2	3	4	
P2.	I run out of air when I talk.	0	1	2	3	4	
F3.	People have difficulty understanding me in a noisy room.	0	1	2	3	4	
P4.	<i>The sound of my voice varies throughout the day.</i>	0	1	2	3	4	
F5.	My family has difficulty hearing me when I call them throughout the house.	0	1	2	3	4	
F6.	I use the phone less often than I would like to.	0	1	2	3	4	
E7.	I'm tense when talking to others because of my voice.	0	1	2	3	4	
F8.	I tend to avoid groups of people because of my voice.	0	1	2	3	4	
E9.	People seem irritated with my voice.	0	1	2	3	4	
P10	People ask, "What's wrong with your voice?"	0	1	2	3	4	
		TOTAL =					

RSI >10 is considered abnormal

VHI-10 > 11 is considered abnormal

1. Belafsky P, Potsma G, Koufman J (2002). Validity and Reliability of the Reflux Symptom Index. *Journal of Voice*. 16(2): 274-277.

2. Rosen, C, Lee, A, Osborne, J, Zullo, T, and Murry, T (2004). Development and Validation of the Voice Handicap Index-10. *Laryngoscope*. 114(9): 1549-1556.

Reflux Finding Score

(Total Score >7 suggests LPR)

To be completed by the examining professional

Pseudosulcus (infraglottic edema)	0 = Absent 2 = Present	
Ventricular obliteration	0 = None 2 = Partial 4 = Complete	
Erythema/hyperemia	0 = None 2 = Arytenoids only 4 = Diffuse	
Vocal fold edema	0 = None 1 = Mild 2 = Moderate 3 = Severe 4 = Polypoid	
Diffuse laryngeal edema	0 = None 1 = Mild 2 = Moderate 3 = Severe 4 = Obstructing	
Posterior commissure hypertrophy	0 = None 1 = Mild 2 = Moderate 3 = Severe 4 = Obstructing	
Granuloma/granulation	0 = Absent 2 = Present	
Thick endolaryngeal mucus	0 = Absent 2 = present	
Total		