

Ménière's Disease Self-Assessment

This self-assessment can help your doctor understand how your dizziness/vertigo symptoms affect your ability to function in daily life. The **Ménière's Disease Functional Level Scale**¹ was developed by the American Academy of Otolaryngology-Head and Neck Surgery (AAO- HNS), the world's largest organization of ear, nose, and throat specialists (otolaryngologists). Be sure to bring this form to your doctor's appointment.

AAO-HNS Ménière's Disease Functional Level Scale ¹	
Circle the number next to the statement that best describes how your daily life is affected by your dizziness/vertigo symptoms.	
1	My dizziness has no effects on my activities at all.
2	When I am dizzy, I have to stop what I am doing for a while, but it soon passes and I can resume activities. I continue to work, drive, and engage in any activity I choose without restriction. I have not changed any plans or activities to accommodate my dizziness.
3	When I am dizzy, I have to stop what I am doing for a while, but it does pass and I can resume activities. I continue to work, drive, and engage in most activities I choose, but I have had to change some plans and make some allowance for my dizziness.
4	I am able to work, drive, travel, take care of a family, or engage in most essential activities, but I must exert a great deal of effort to do so. I must constantly make adjustments in my activities and budget my energies. I am barely making it.
5	I am unable to work, drive or take care of my family. I am unable to do most of the active things that I used to do. Even essential activities must be limited. I am disabled.
6	I have been disabled for one year or longer and/or I receive compensation (money) because of my dizziness or balance problem.

1. Monsell EM, et al. Committee on Hearing and Equilibrium of the American Academy of Otolaryngology-Head and Neck Surgery: Guidelines for the Diagnosis and Evaluation of Therapy in Ménière's Disease. *Otolaryngol Head Neck Surg* 1995; 113(3): 181-185.