

INTERNATIONAL PROSTATE SYMPTOM SCORE SHEET (I-PSS)

Patient Name: _____ Date of Birth _____ Today's Date: _____

	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
1. INCOMPLETE EMPTYING: Over the past month, how often have you had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5
2. FREQUENCY: Over the past month, how often have you had to urinate again less than 2 hours after you finished urinating?	0	1	2	3	4	5
3. INTERMITTENCY: Over the past month, how often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5
4. URGE TO URINATE: Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5
5. WEAK STREAM: Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5
6. STRAINING: Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5
	None	1 time	2 times	3 times	4 times	5+ times
7. URINATING AT NIGHT: Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	0	1	2	3	4	5

Symptom Score:

1-7 Mild, 8-19 Moderate, 20-35 Severe

Total: _____


BOTHERSOME SCORE DUE TO URINARY SYMPTOMS

	Delighted	Pleased	Mostly	Mixed	Mostly	Unhappy	Terrible
BOTHERSOME OF URINARY SYMPTOMS: How would you feel if you had to live with your urinary condition the way it is now, no better, no worse, for the rest of your life?	0	1	2	3	4	5	6

The International Prostate Symptom Score (I-PSS) is based on the answers to 7 questions concerning urinary symptoms and 1 question concerning the effect of symptoms. Each question concerning urinary symptoms allows the patient to choose 1 of 6 answers indicating increasing severity of the particular symptom. The answers are assigned points from 0 to 5. The total score can therefore range from 0 to 35 (asymptomatic to very symptomatic).

The first 7 questions of the I-PSS are identical to the questions appearing on the American Urological Association (AUA) symptom Index, which currently categorizes symptoms as follows: Mild - (symptoms score less than or equal to 7), Moderate - (symptom score range 8-19), Severe - (symptom score range 20-35).

The International Scientific Committee (SCI), under the patronage of the World Health Organization (WHO) and the International Union Against Cancer (UICC), recommends the use of the additional question to begin a discussion with patients about the effect of symptoms on their lives. The answers to this question range from "delighted" to "terrible" or 0 to 6.

									
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