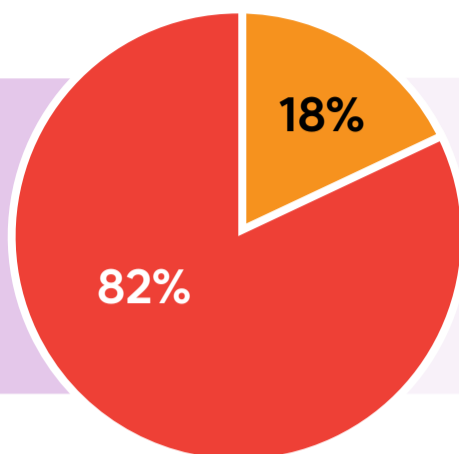


# Diagnostic Approaches for *Smell Assessment* in CRSwNP

Severe smell loss is frequent in patients with CRSwNP<sup>1</sup>

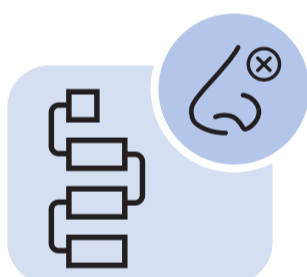
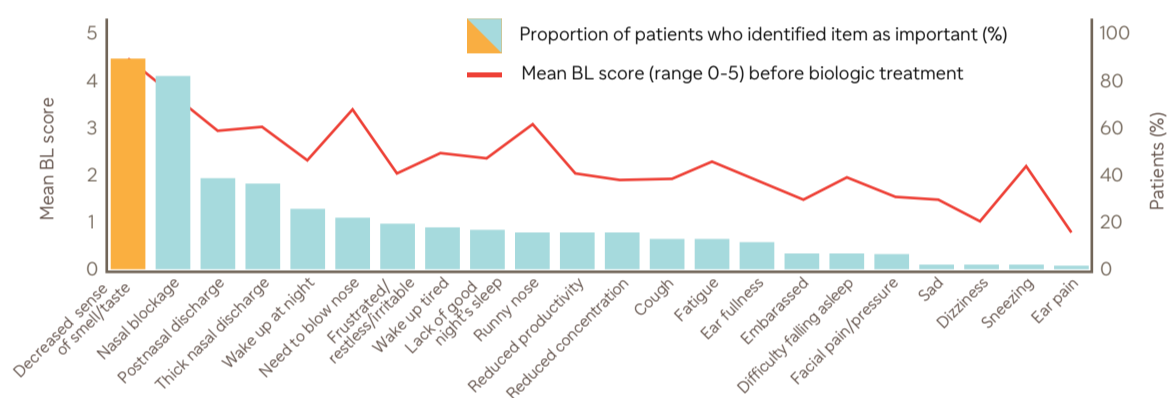


Reported decrease in sense of smell among CRSwNP patients (pooled analysis; n=712)<sup>1</sup>

- Mild/moderate
- Severe

## Olfactory function is an important indicator of QoL<sup>2,3</sup>

SNOT-22 items reported as most burdensome by patients (pooled analysis; n=712)<sup>1</sup>



Smell loss is a key element of current diagnostic guidelines<sup>4</sup>

Current guidelines recommend **asking patients about reduced smell** as part of the diagnostic evaluation for CRSwNP<sup>4</sup>

However, it is often not tested for by clinicians<sup>2,5</sup>

23% of clinicians across 16 European countries, and 55% in the UK, **never used smell tests** during initial olfactory assessments in their patients<sup>5</sup>

### Sniffin' Sticks<sup>6</sup>

- 12 (16) felt-tipped 'pens' that can be used for odor identification tests
- Most used in clinical practice in European countries
- Outcomes should be adjusted for age and gender<sup>7</sup>

### UPSIT<sup>6</sup>

- Booklet with 40 scratch-and-sniff odorant strips
- A score of 6–18 indicates anosmia
- Validated in different languages, more used in USA

### VAS<sup>6</sup>



- 10 cm straight line, with 0 indicating normal smell and 10 total loss of smell
- Most used in academic research, best subjective test available

Please check the **EPOS 2023 position paper<sup>5</sup>** for the full array of available tests.



**Routine OD assessments benefit patient management and should be undertaken using validated tests.<sup>5,6</sup>**

BL, baseline; CRSwNP, chronic rhinosinusitis with nasal polyps; EPOS, European Position Paper on Rhinosinusitis and Nasal Polyps; OD, olfactory dysfunction; QoL, quality of life; SNOT-22, 22-item Sino-Nasal Outcome Test; UPSIT, University of Pennsylvania Smell Identification Test; VAS, visual analogue scale.

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