GERD Health-Related Quality of Life (GERD-HRQL) Questionnaire

Scale:
0=No Symptoms      1=Noticeable, but not bothersome      2=Noticeable, bothersome, but not every day
3=Bothersome daily  4=Bothersome and affects daily activities   5=Incapacitating to do daily activities

Questions (Circle One):

How bad was the heartburn?
0 1 2 3 4 5
Heartburn when lying down?
0 1 2 3 4 5
Heartburn when standing up?
0 1 2 3 4 5
Heartburn after meals?
0 1 2 3 4 5
Does heartburn change your diet?
0 1 2 3 4 5
Does heartburn wake you from sleep?
0 1 2 3 4 5
Do you have difficulty swallowing?
0 1 2 3 4 5
Do you have pain while swallowing?
0 1 2 3 4 5
Do you have gassy or bloating feeling?
0 1 2 3 4 5
If you take reflux medication, does this affect your daily life?
0 1 2 3 4 5

TOTAL SCORE (enter total here; 50 points total) __________

How bad is the regurgitation?
0 1 2 3 4 5
Regurgitation when lying down?
0 1 2 3 4 5
Regurgitation when standing up?
0 1 2 3 4 5
Regurgitation after meals?
0 1 2 3 4 5
Does regurgitation change your diet?
0 1 2 3 4 5
Does regurgitation wake you from sleep?
0 1 2 3 4 5
How satisfied are you with your current health condition? Satisfied___ Neutral____ Dissatisfied____

Are you currently taking any medications for heartburn or GERD?   Yes   No

Please circle any of the medications you have taken in the past or are currently taking:
Nexium      Prilosec        Prevacid        Aciphex        Protonix        Zegerid       Kapidex        Dexilant      Zegerid       Vimovo

Your first and last name:________________________________________________________________________

Phone: ___________________________________________ Date: _________________________________________

Email: _________________________________________________________________________________________
Published Risks Associated With PPI Use

1. Dementia
2. Increased pneumonia risk
3. Increased risk of osteoporosis fractures
4. Reduced gallbladder motility
5. PPI interaction with Plavix
6. Increased risk of stomach polyps
7. Increased risk of bacterial gastroenteritis
8. Magnesium deficiency
9. Increased risk of small intestine bacterial infection
10. Chronic kidney disease
11. Vitamin B12 deficiency

References:
5. Ho, PM, et. al., JAMA 2009 Mar 4;301(9):937-44.