

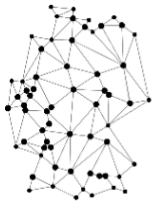
Post-COVID-Syndrom (PCS) Score

Name _____

Surname _____

Date _____

Nr.	Do you currently suffer from one or more of the following health impairments?	No	Yes
1	Impairments of smell or taste	<input type="checkbox"/>	<input type="checkbox"/>
2	So-called "fatigue" (chronic exhaustion, tiredness)	<input type="checkbox"/>	<input type="checkbox"/>
3	Exercise limitations (e.g. breathlessness on exertion, reduced exercise capacity)	<input type="checkbox"/>	<input type="checkbox"/>
4	Joint- or muscle pain	<input type="checkbox"/>	<input type="checkbox"/>
5	ENT ailments (e.g. hoarseness, sore throat, running nose)	<input type="checkbox"/>	<input type="checkbox"/>
6	Lung ailments and difficulties breathing (e.g. coughing, wheezing)	<input type="checkbox"/>	<input type="checkbox"/>
7	Cardiac ailments (e.g. chest pain)	<input type="checkbox"/>	<input type="checkbox"/>
8	Gastrointestinal ailments (e.g. Stomach pain, diarrhoea, vomiting, nausea)	<input type="checkbox"/>	<input type="checkbox"/>
9	Neurological ailments and concentration deficits (e.g. confusion, vertigo, headache, motor deficits, sensory deficits, numbness, tremor, deficits of concentration, cognition or speech)	<input type="checkbox"/>	<input type="checkbox"/>
10	Skin ailments (e.g. Hair loss, rash, itchiness)	<input type="checkbox"/>	<input type="checkbox"/>
11	Infection signs (e.g. chills, fever, general sickness/flu-like symptoms)?	<input type="checkbox"/>	<input type="checkbox"/>
12	Sleep disturbance (e.g. Insomnia, unrestful sleep)	<input type="checkbox"/>	<input type="checkbox"/>



Calculation:

Nr.	No	Yes	Points
1	0	1	x 3,5
2	0	1	x 7
3	0	1	x 4
4	0	1	x 6,5
5	0	1	x 5,5
6	0	1	x 7
7	0	1	x 3,5
8	0	1	x 5
9	0	1	x 6,5
10	0	1	x 2
11	0	1	x 3,5
12	0	1	x 5
Sum =			

Thresholds:

- No/mild PCS $\leq 10,75$
- Moderate PCS $> 10,75$ and $\leq 26,25$
- Severe/ Clinically relevant PCS $> 26,25$

Literature:

Bahmer T, Borzikowsky C, Lieb W, et al. **Severity, predictors and clinical correlates of Post-COVID syndrome (PCS) in Germany: A prospective, multi-centre, population-based cohort study.** *EClinicalMedicine*. 2022;51:101549. Published 2022 Jul 18.
<https://doi.org/10.1016/j.eclinm.2022.101549>