



EuraHS QoL



name of study	
study number	

EuraHS Quality Of Life score

The EuraHS-QoL score is a method to measure the quality of life for patients before (pre-operative) and after (post-operative) an operation of an abdominal wall hernia with or without an implantation of a mesh to repair the defect.

It is a questionnaire developed by the Working Group of the European Registry for Abdominal Wall Hernias (EuraHS).

Please answer all of the 9 following questions in the 3 main fields of:

- 1. Pain of the side of the hernia**
- 2. Restrictions of activities because of pain or discomfort**
- 3. Cosmetic discomfort**

Therefore, please mark a number corresponding to your current state.

Respectively, you will give a 0 (no pain, no restriction and cosmetically beautiful) for the best conditions and a 10 for the worst state (worst pain, completely restricted and cosmetically ugly). If you do not perform one of these asked activities, please mark the X in the last column.

Personal data:

name	
date of birth	
date of today	
date of operation	

EuraHS Quality Of Life scale

Pre-operative

1. Pain at the site of the hernia												
	0 = no pain											10 = worst pain imaginable
Pain in rest (lying down)	0	1	2	3	4	5	6	7	8	9	10	
Pain during activities (walking, biking, sports)	0	1	2	3	4	5	6	7	8	9	10	
Pain felt during the last week	0	1	2	3	4	5	6	7	8	9	10	
2. Restrictions of activities because of pain or discomfort at the site of the hernia												
	0 = no restriction											10 = completely restricted
Restriction from daily activities (inside the house)	0	1	2	3	4	5	6	7	8	9	10	X
Restriction outside the house (walking, biking, driving)	0	1	2	3	4	5	6	7	8	9	10	X
Restriction during sports	0	1	2	3	4	5	6	7	8	9	10	X
Restriction during heavy labour	0	1	2	3	4	5	6	7	8	9	10	X
	X = If you do not perform this activity											
3. Cosmetic discomfort												
	0 = very beautiful											10 = extremely ugly
Shape of your abdomen	0	1	2	3	4	5	6	7	8	9	10	
Site of the hernia	0	1	2	3	4	5	6	7	8	9	10	

EuraHS Quality Of Life scale

Post-operative _____ w/m

1. Pain at the site of the hernia repair												
	0 = no pain											10 = worst pain imaginable
Pain in rest (lying down)	0	1	2	3	4	5	6	7	8	9	10	
Pain during activities (walking, biking, sports)	0	1	2	3	4	5	6	7	8	9	10	
Pain felt during the last week	0	1	2	3	4	5	6	7	8	9	10	
2. Restrictions of activities because of pain or discomfort at the site of the hernia repair												
	0 = no restriction											10 = completely restricted
Restriction from daily activities (inside the house)	0	1	2	3	4	5	6	7	8	9	10	X
Restriction outside the house (walking, biking, driving)	0	1	2	3	4	5	6	7	8	9	10	X
Restriction during sports	0	1	2	3	4	5	6	7	8	9	10	X
Restriction during heavy labour	0	1	2	3	4	5	6	7	8	9	10	X
	X = If you do not perform this activity											
3. Cosmetic discomfort												
	0 = very beautiful											10 = extremely ugly
Shape of your abdomen	0	1	2	3	4	5	6	7	8	9	10	
Site of the hernia and the scar	0	1	2	3	4	5	6	7	8	9	10	