

# Nottingham Health Profile

## Overview

The Nottingham Health Profile is intended for primary health care, to provide a brief indication of a patient's perceived emotional, social and physical health problems.

## Breakdown of questionnaire

### Part I:

There are 38 questions in 6 subareas, with each question assigned a weighted value; the sum of all weighted values in a given sub area adds up to 100.

- energy level (EL): 3
- pain (P): 8
- emotional reaction (ER): 9
- sleep (S): 5
- social isolation (SI): 5
- physical abilities (PA): 8

### Part II:

There are life areas affected

## Completing questionnaire

- Each question is answered with "Yes" or "No".
- It is important that all questions are answered.
- If the patient is not sure whether to say "yes" or "no" to a problem, s/he are instructed to answer the one more true at that time.

### Part I

Questions	Yes	No	Section	Weight
I'm tired all the time.	<input checked="" type="radio"/>	<input type="radio"/>	EL	39.20
I have pain at night.	<input type="radio"/>	<input checked="" type="radio"/>	P	12.91
Things are getting me down.	<input checked="" type="radio"/>	<input type="radio"/>	ER	10.47
I have unbearable pain.	<input type="radio"/>	<input checked="" type="radio"/>	P	19.74
I take pills to help me sleep.	<input checked="" type="radio"/>	<input type="radio"/>	S	22.37
I've forgotten what it's like to enjoy myself.	<input checked="" type="radio"/>	<input type="radio"/>	ER	9.31
I'm feeling on edge.	<input checked="" type="radio"/>	<input type="radio"/>	ER	7.22
I find it painful to change position.	<input type="radio"/>	<input checked="" type="radio"/>	P	9.99
I feel lonely	<input checked="" type="radio"/>	<input type="radio"/>	SI	22.01
I can walk about only indoors.	<input type="radio"/>	<input checked="" type="radio"/>	PA	11.54

Questions	Yes	No	Section	Weight
I find it hard to bend.	<input type="radio"/>	<input checked="" type="radio"/>	PA	10.57
Everything is an effort.	<input checked="" type="radio"/>	<input type="radio"/>	EL	36.80
I'm waking up in the early hours of the morning.	<input checked="" type="radio"/>	<input type="radio"/>	S	12.57
I'm unable to walk at all.	<input type="radio"/>	<input checked="" type="radio"/>	PA	21.30
I'm finding it hard to make contact with people.	<input checked="" type="radio"/>	<input type="radio"/>	SI	19,36
The days seem to drag.	<input checked="" type="radio"/>	<input type="radio"/>	ER	7.08
I have trouble getting up and down stairs and steps.	<input type="radio"/>	<input checked="" type="radio"/>	PA	10.79
I find it hard to reach for things.	<input type="radio"/>	<input checked="" type="radio"/>	PA	9.30
I'm in pain when I walk.	<input type="radio"/>	<input checked="" type="radio"/>	P	11.22
I lose my temper easily these days.	<input type="radio"/>	<input checked="" type="radio"/>	ER	9.76
I feel there is nobody that I am close to.	<input checked="" type="radio"/>	<input type="radio"/>	SI	20.13
I lie awake for most of the night.	<input checked="" type="radio"/>	<input type="radio"/>	S	27.26
I feel as if I'm losing control.	<input checked="" type="radio"/>	<input type="radio"/>	ER	13.99
I'm in pain when I'm standing.	<input type="radio"/>	<input checked="" type="radio"/>	P	8.96
I find it hard to get dressed by myself	<input type="radio"/>	<input checked="" type="radio"/>	PA	12.61
I soon run out of energy.	<input checked="" type="radio"/>	<input type="radio"/>	EL	24.00
I find it hard to stand for long (e.g., at the kitchen sink, waiting in a line).	<input checked="" type="radio"/>	<input type="radio"/>	PA	11.20
I'm in constant pain.	<input type="radio"/>	<input checked="" type="radio"/>	P	20.86
It takes me a long time to get to sleep.	<input checked="" type="radio"/>	<input type="radio"/>	S	16.10
I feel I am a burden to people.	<input checked="" type="radio"/>	<input type="radio"/>	SI	22.53
Worry is keeping me awake at night.	<input checked="" type="radio"/>	<input type="radio"/>	ER	13.95
I feel that life is not worth living.	<input checked="" type="radio"/>	<input type="radio"/>	ER	16.21
I sleep badly at night	<input checked="" type="radio"/>	<input type="radio"/>	S	21.70
I'm finding it hard to get along with people.	<input checked="" type="radio"/>	<input type="radio"/>	SI	15.97
I need help to walk about outside (e.g., a walking aid or someone to support me).	<input type="radio"/>	<input checked="" type="radio"/>	PA	12.69
I'm in pain when going up or down stairs.	<input type="radio"/>	<input checked="" type="radio"/>	P	5.83
I wake up feeling depressed.	<input checked="" type="radio"/>	<input type="radio"/>	ER	12.01
I'm in pain when I'm sitting.	<input type="radio"/>	<input checked="" type="radio"/>	P	10.49

## Part II

Is your present state of health causing problems with:	Yes	No
Your work? (that is a paid employment)	<input checked="" type="radio"/>	<input type="radio"/>
Looking after the home? (cleaning & cooking, repairs, odd jobs around the home, etc.)	<input checked="" type="radio"/>	<input type="radio"/>
Your social life? (going out, seeing friends, going to the movies, etc.)	<input checked="" type="radio"/>	<input type="radio"/>
Your home life? (that is, relationships with other people in your home)	<input checked="" type="radio"/>	<input type="radio"/>
Your sex life?	<input checked="" type="radio"/>	<input type="radio"/>
Your interests and hobbies? (sports, arts and crafts, do-it-yourself, etc.)	<input checked="" type="radio"/>	<input type="radio"/>
Your vacations? (summer or winter vacations, weekends away, etc.)	<input checked="" type="radio"/>	<input type="radio"/>

### Interpretation

- The number of questions in each section is affected.
- The relative level affected, in which the sum of the relative weights is subtracted from 100%, giving values between 0 and 1, with 0 indicating poor and 1 good health.

### Additional notes

Thomas is experiencing significant fatigue, social isolation, and emotional distress. His physical abilities are mildly affected, but his pain levels are manageable.

#### Recommendations:

Initiate cognitive-behavioral therapy (CBT) for depression.

Encourage participation in social activities to reduce isolation.

Develop a sleep hygiene plan to improve sleep quality.

Regular physical activity to enhance energy levels.