

Breast Inflammatory Symptoms Severity Index (BISSI)

Please refer to this questionnaire if experiencing symptoms of breast pain, redness, swelling, fever or fatigue. If your symptoms have not completely resolved (ie scoring a 0 on the Pain, Wellness/Sickness and Impact questions AND a 1 on the remaining questions), it is recommended that you attend WMHP for further therapeutic ultrasound and physiotherapy advice.

Pain:

touch / 10

0 1 2 3 4 5 6 7 8 9 10

None Worst

Wellness/Sickness:

fever generalised aches & pains headache

0 1 2 3 4 5 6 7 8 9 10

None Worst

Hardness / Tightness

- 1 Usual, Soft, not hard, not tight
- 2 Slightly Hard / Slightly Tight
- 3 Hard / Tight
- 4 Very hard / Very Tight
- 5 Extremely Hard / Extremely Tight

Temperature of affected area

- 1 Usual – the whole breast is healthy
- 2 Mild warmth
- 3 Warm
- 4 Hot
- 5 Very Hot

Redness

- 1 Usual, not red
- 2 Slightly Red
- 3 Red
- 4 Very Red
- 5 Extremely Red

Affected Area

- 1 Usual – no area is affected, the whole breast is healthy
- 2 a small area – less than ¼ of whole breast
- 3 a medium area – between ¼ and ½ of whole breast
- 4 a big area – between ½ and ¾ of whole breast
- 5 a very big area – more than ¾ of whole breast

SCORE: / 40 (awareness) / 40 (touch)

Impact:

Overall, how much does your breast problem interfere with your everyday life?

0 1 2 3 4 5 6 7 8 9 10

Not at all extremely a great deal