Sinusitis and Rhinitis Claims Guide: Summary and Worksheets

Your own working pages. These are your notes in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim.

Start with the essentials

1. **Start with the diagnosis and objective testing**
   Record the diagnosed condition, testing, imaging, and treatment. Keep different respiratory or nasal diagnoses separate.

2. **Track episodes and treatment requirements**
   Note flare frequency, infections or attacks, medicines, procedures, and urgent or routine care as the record describes them.

3. **Describe breathing and daily effects**
   Record what exertion, sleep, work, or ordinary activities are limited, without estimating test results or assigning yourself a rating.

How to use this packet

Complete only what helps you prepare. Use approximate dates when exact dates are unavailable. Mark records as missing or unverified instead of guessing.

The full guide, research, charts, rating discussion, sources, and current information remain online at:

https://ratemyvso.net/dc/sinusitis-rhinitis-guide

WORKSHEET 1 OF 5

Respiratory symptom and episode log

Optional working notes for Sinusitis and Rhinitis. Write only what you know. Leave anything blank that does not apply.

Date or time period, symptoms, trigger, duration, and recovery

Medicine, treatment, urgent care, antibiotics, steroids, or other care, if applicable

Effects on exertion, sleep, work, and ordinary activities

Your notes stay yours. This blank PDF is not submitted to the VA. Saving answers through the website requires your RateMyVSO account.

WORKSHEET 2 OF 5

Testing and treatment record

Optional working notes for Sinusitis and Rhinitis. Write only what you know. Leave anything blank that does not apply.

Diagnosis, clinician, facility, and date

Pulmonary, imaging, endoscopy, laboratory, or other results, if available

Daily and as-needed treatment, devices, procedures, and response

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WORKSHEET 3 OF 5

Connection and examination questions

Optional working notes for Sinusitis and Rhinitis. Write only what you know. Leave anything blank that does not apply.

In-service symptoms, exposure, onset, continuity, or secondary-condition history

Service, treatment, exposure, and employment records that may apply

Questions about diagnosis, testing, cause, worsening, or current severity findings

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WORKSHEET 4 OF 5

Records and unanswered questions

Optional working notes for Sinusitis and Rhinitis. Write only what you know. Leave anything blank that does not apply.

Record, date, source, and page if known

Do I have my own copy?

- ☐ Not sure
- ☐ I have a copy
- ☐ Requested, still waiting
- ☐ I do not have a copy

Do I know whether the VA has it?

- ☐ Unknown or not verified
- ☐ Submission receipt available
- ☐ Listed in my decision letter
- ☐ Not submitted by me

Missing records, request dates, and questions to follow up

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WORKSHEET 5 OF 5

Decision-letter reading sheet

Optional working notes for Sinusitis and Rhinitis. Write only what you know. Leave anything blank that does not apply.

Letter date, condition, and what the VA decided

Reasons and evidence listed, with page numbers

Dates and instructions in the letter; questions for a representative

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