

The Quality of Recovery Score (QoR Score)

We would like to know how well you feel you have recovered from your anaesthetic and operation. Please circle the most appropriate responses.

Over the last ____ hours/days, have you:

	Not at all	Some of the time	Most of the time
1. Had a feeling of general well-being	0	1	2
2. Had support from others (especially doctors & nurses)	0	1	2
3. Been able to understand instructions and advice. Not being confused.	0	1	2
4. Been able to look after personal toilet and hygiene unaided.	0	1	2
5. Been able to pass urine ("waterworks") and having no trouble with bowel function.	0	1	2
6. Been able to breathe easily.	0	1	2
7. Been free from headache, backache or muscle pains.	0	1	2
8. Been free from nausea, dry-retching or vomiting.	0	1	2
9. Been free from experiencing severe pain, or constant moderate pain.	0	1	2

Summary Score: 0 to 18