

## गर्दनको अस्वस्थता सम्बन्धी तालिका (NDI)

तपाईंको दैनिक जीवनको व्यवस्थापनमा गर्दनको दुखाईले कसरी असर पारेको छ भन्ने थाहा पाउन यो प्रश्नावली तयार पारिएको छ । कृपया सबै खण्डको उत्तर दिनुहोस र अहिलेको अवस्थामा सबै भन्दा उचित लागेको कोष्टमा मात्र चिन्ह लगाउनुहोस ।

नाम.....

मिति.....

### खण्ड १ दुखाईको तीव्रता

- ०. अहिले मलाई पटककै दुखेको छैन ।
- १. अहिले दुखाई थोरै छ ।
- २. अहिले दुखाई ठिकै छ ।
- ३. अहिले दुखाई साह्रै छ ।
- ४. अहिले दुखाई साह्रै नै धेरै छ ।
- ५. अहिले दुखाई कल्पना भन्दा बाहिर छ ।

### खण्ड २ व्यक्तिगत हेरचाह ( सरसफाइ, लुगा लगाउने /फुकाउने इत्यादि)

- ०. थप दुखाई विना, म आफ्नो हेरचाह आफै गर्न सक्छु ।
- १. साधारणतया म आफ्नो हेरचाह आफै गर्न सक्छु तर यसो गर्दा मेरो दुखाई बढ्छ ।
- २. व्यक्तिगत हेरचाह पिडादायक छ, म बिस्तार र सम्हालिएर गर्छु ।
- ३. अरुको थोरै सहयोगमा म आफ्नो धेरै जसो हेरचाह गर्न सक्छु ।
- ४. मलाई आफ्नो, धेरै जसो हेरचाहका लागि, दिनहुँ अरुको सहयोग चाहिन्छ ।
- ५. म लुगा लगाउन सकिदैन । मुस्किलले म सरसफाइ गर्न सक्छु र प्राय ओछ्यानमा पल्टिरहन्छु ।

### खण्ड ३ उचाल्ने गतिविधि

- ०. थप दुखाई विना, म गत्तै सामानहरु उचाल्न सक्छु ।
- १. म गत्तै सामान उचाल्न सक्छु तर मेरो दुखाई बढ्छ ।
- २. दुखाईले गर्दा म भुइवाट गत्तै सामान उठाउन सकिदैन तर सजिलैसँग राखिएको छ भने (जस्तै टेबलमाथि) कम र मध्यम तौलको सामान व्यवस्थित गर्न सक्छु ।
- ३. दुखाईले गर्दा म गत्तै सामान उठाउन सकिदैन तर सजिलैसँग राखिएको छ भने कम र मध्यम तौलको सामान व्यवस्थित गर्न सक्छु ।
- ४. म हलुका सामानहरु उठाउन सक्छु ।
- ५. म गर्दनको कारणले गर्दा कुनै पनि सामान उचाल्न र लिएर जान सकिदैन ।

### खण्ड ४ लेखपढ (यदि तपाईं लेखपढ गर्न सक्नु हुन्न भने संगैको कोठामा चिन्ह लगाउनु होस)

- ०. विना कुनै गर्दनको दुखाई, म चाहे जति पढ्न सक्छु ।
- १. केहि दुखाई भए पनि, म चाहे जति पढ्न सक्छु ।
- २. ठिकै मात्रामा दुखाई भए पनि म चाहे जति पढ्न सक्छु ।
- ३. निकै मात्रामा दुखाईले गर्दा म चाहे जति पढ्न सकिदैन ।
- ४. गर्दनको साह्रै दुखाईले गर्दा म मुस्किलले पढ्न सक्छु ।
- ५. गर्दनको कारणले गर्दा म पढ्न सकिदैन ।

### खण्ड ५ टाउको दुखाई

- ०. मलाई पटककै टाउको दुख्दैन ।
- १. मलाई कहिले काँहि हल्का टाउको दुख्छ ।
- २. मलाई कहिले काँहि बढी टाउको दुख्छ ।
- ३. मलाई बारम्बार बढी टाउको दुख्छ ।
- ४. मलाई बारम्बार साँढै बढी टाउको दुख्छ ।
- ५. मलाई सधैँ जसो टाउको दुख्छ ।

### खण्ड ६ एकाग्रता

- ०. विना कुनै कठिनाई, म चाहेको बेला पूर्ण एकाग्रित हुन सक्छु ।
- १. गर्दनको कारणले गर्दा, म चाहेको बेला थोरै कठिनाई सहित पूर्ण एकाग्रित हुन सक्छु ।
- २. गर्दनको कारणले गर्दा चाहेको बेला एकाग्रित हुन केहि कठिनाई हन्छ ।
- ३. गर्दनको कारणले गर्दा चाहेको बेला एकाग्रित हुन धेरै कठिनाई हन्छ ।
- ४. गर्दनको कारणले गर्दा चाहेको बेला एकाग्रित हुन अत्यन्त कठिनाई हन्छ ।
- ५. गर्दनको कारणले गर्दा, म एकाग्र हुन सकिदैन ।

### खण्ड ७ काम व्यावसाय

- ०. म चाहे जति काम गर्न सक्छु ।
- १. म आफ्नो दैनिक कार्य मात्र गर्न सक्छु तर अरु गर्न सकिदैन ।
- २. म आफ्नो धेरै जसो दैनिक काम मात्र गर्न सक्छु तर अरु गर्न सकिदैन ।
- ३. गर्दनको कारणले गर्दा, म दैनिक कार्य गर्न सकिदैन ।
- ४. गर्दनको कारणले गर्दा, म मुस्किलले कुनै काम गर्न सक्छु ।
- ५. गर्दनको कारणले गर्दा, म कुनै पनि काम गर्न सकिदैन ।

### खण्ड ८ सवारी साधन चढ्ने सम्बन्धी

- ०. विना गर्दन दुखाई, म मोटर गाडिमा चाहे जति यात्रा गर्न सक्छु ।
- १. गर्दनको केहि दुखाइ सहित, म मोटर गाडिमा चाहे जति यात्रा गर्न सक्छु ।
- २. गर्दनको धेरै दुखाइ सहित, म मोटर गाडिमा चाहे जति यात्रा गर्न सक्छु ।
- ३. गर्दनको धेरै दुखाइले गर्दा म मोटर गाडिमा चाहे जति यात्रा गर्न सकिदैन ।
- ४. गर्दनको असाध्य दुखाईले गर्दा, म मोटर गाडिमा मुस्किलले यात्रा गर्न सक्छु ।
- ५. म मोटर गाडिमा चाहे जति यात्रा गर्न सक्दैन सकिदैन ।

### खण्ड ९ निन्द्रा सम्बन्धी

- ०. मलाई निन्द्रामा कुनै समस्या छैन ।
- १. मेरो निन्द्रामा केहि असर परेको छ (१ घण्टा भन्दा कम निद्रा लाग्दैन) ।
- २. मेरो निन्द्रामा थोरै असर परेको छ (१ देखि २ घण्टा निद्रा लाग्दैन ) ।
- ३. मेरो निन्द्रामा धेरै असर परेको छ (२ देखि ३ घण्टा निद्रा लाग्दैन )
- ४. मेरो निन्द्रामा असाध्य असर परेको छ (३ देखि ५ घण्टा निद्रा लाग्दैन )
- ५. मेरो निन्द्रामा पुरा असर परेको छ (५ देखि ७ घण्टा निद्रा लाग्दैन ) ।

**खण्ड १० मनोरञ्जनात्मक गतिविधि**

- ०. गर्दनको दुखाई बिना, म प्रत्येक मनोरञ्जनका क्रियाकलापमा सहभागी हुन सक्षम छु ।
- १. गर्दनको केहि दुखाई सहित, म प्रत्येक मनोरञ्जनका क्रियाकलापमा सहभागी हुन सक्षम छु ।
- २. गर्दन दुखाईले गर्दा, म सबै नभए पनि धेरै जसो मनोरञ्जनका क्रियाकलापमा सहभागी हुन सक्षम छु ।
- ३. गर्दन दुखाईले गर्दा, म कम मात्र मनोरञ्जनात्मक क्रियाकलापमा सहभागी हुन सक्छु ।
- ४. गर्दन दुखाईले गर्दा, म मुस्लिने मनोरञ्जनात्मक क्रियाकलाप गर्न सक्छु ।
- ५. गर्दन दुखाईले गर्दा, म कुनै पनि मनोरञ्जनात्मक क्रियाकलाप गर्न सक्दिन ।

# Neck Disability Index (Nepali version in English)

THIS QUESTIONNAIRE IS DESIGNED TO HELP US BETTER UNDERSTAND HOW YOUR **NECK PAIN** AFFECTS YOUR ABILITY TO MANAGE EVERYDAY -LIFE ACTIVITIES. PLEASE MARK IN EACH SECTION THE **ONE BOX** THAT APPLIES TO YOU.

ALTHOUGH YOU MAY CONSIDER THAT TWO OF THE STATEMENTS IN ANY ONE SECTION RELATE TO YOU, PLEASE MARK THE BOX THAT **MOST CLOSELY** DESCRIBES YOUR PRESENT -DAY SITUATION.

## SECTION 1 - PAIN INTENSITY

- I have no neck pain at the moment.
- The pain is very mild at the moment.
- The pain is moderate at the moment.
- The pain is fairly severe at the moment.
- The pain is very severe at the moment.
- The pain is the worst imaginable at the moment.

## SECTION 2 - PERSONAL CARE

- I can look after myself normally without causing extra neck pain.
- I can look after myself normally, but it causes extra neck pain.
- It is painful to look after myself, and I am slow and careful
- I need some help but manage most of my personal care.
- I need help every day in most aspects of self -care.
- I do not get dressed. I wash with difficulty and stay in bed.

## SECTION 3 – LIFTING

- I can lift heavy weights without causing extra neck pain.
- I can lift heavy weights, but it gives me extra neck pain.
- Neck pain prevents me from lifting heavy weights off the floor but I can manage if items are conveniently positioned, ie. on a table.
- Neck pain prevents me from lifting heavy weights, but I can manage light weights if they are conveniently positioned
- I can lift only very light weights.
- I cannot lift or carry anything at all.

## SECTION 4 – READING

- I can read as much as I want with no neck pain.
- I can read as much as I want with slight neck pain.
- I can read as much as I want with moderate neck pain.
- I can't read as much as I want because of moderate neck pain.
- I can't read as much as I want because of severe neck pain.
- I can't read at all.

## SECTION 5 – HEADACHES

- I have no headaches at all.
- I have slight headaches that come infrequently.
- I have moderate headaches that come infrequently.
- I have moderate headaches that come frequently.
- I have severe headaches that come frequently.
- I have headaches almost all the time.

## SECTION 6 – CONCENTRATION

- I can concentrate fully without difficulty.
- I can concentrate fully with slight difficulty.
- I have a fair degree of difficulty concentrating.
- I have a lot of difficulty concentrating.
- I have a great deal of difficulty concentrating.
- I can't concentrate at all.

## SECTION 7 –WORK

- I can do as much work as I want.
- I can only do my usual work, but no more.
- I can do most of my usual work, but no more.
- I can't do my usual work.
- I can hardly do any work at all.
- I can't do any work at all.

## SECTION 8 – Travel by vehicle

- I can travel by vehicle without neck pain.
- I can travel by vehicle with only slight neck pain.
- I can travel by vehicle as long as I want with moderate neck pain.
- I can't travel by vehicle as long as I want because of moderate neck pain.
- I can hardly travel by vehicle at all because of severe neck pain.
- I can't travel by vehicle at all because of neck pain.

## SECTION 9 – SLEEPING

- I have no trouble sleeping.
- My sleep is slightly disturbed for less than 1 hour.
- My sleep is mildly disturbed for up to 1-2 hours.
- My sleep is moderately disturbed for up to 2-3 hours.
- My sleep is greatly disturbed for up to 3-5 hours.
- My sleep is completely disturbed for up to 5-7 hours.

## SECTION 10 – RECREATION

- I am able to engage in all my recreational activities with no neck pain at all.
- I am able to engage in all my recreational activities with some neck pain.
- I am able to engage in most, but not all of my recreational activities because of pain in my neck.
- I am able to engage in a few of my recreational activities because of neck pain.
- I can hardly do recreational activities due to neck pain.
- I can't do any recreational activities due to neck pain.

PATIENT NAME \_\_\_\_\_ DATE \_\_\_\_\_

SCORE \_\_\_\_\_ [50]

Nepali-adapted version in English (Shrestha D et al. 2020), from the original English version (COPYRIGHT: VERNON H & HAGINO C, 1991). SECTION 8 – “Driving” was changed to “Travel by vehicle” in the Nepali version (cultural adaption)

# Neck Disability Index (Original English version)

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## SECTION 2 - PERSONAL CARE

- I can look after myself normally without causing extra neck pain.
- I can look after myself normally, but it causes extra neck pain.
- It is painful to look after myself, and I am slow and careful
- I need some help but manage most of my personal care.
- I need help every day in most aspects of self -care.
- I do not get dressed. I wash with difficulty and stay in bed.

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- Neck pain prevents me from lifting heavy weights off the floor but I can manage if items are conveniently positioned, ie. on a table.
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- I have a lot of difficulty concentrating.
- I have a great deal of difficulty concentrating.
- I can't concentrate at all.

## SECTION 7 –WORK

- I can do as much work as I want.
- I can only do my usual work, but no more.
- I can do most of my usual work, but no more.
- I can't do my usual work.
- I can hardly do any work at all.
- I can't do any work at all.

## SECTION 8 – DRIVING

- I can drive my car without neck pain.
- I can drive my car with only slight neck pain.
- I can drive as long as I want with moderate neck pain.
- I can't drive as long as I want because of moderate neck pain.
- I can hardly drive at all because of severe neck pain.
- I can't drive my car at all because of neck pain.

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- My sleep is slightly disturbed for less than 1 hour.
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- I can hardly do recreational activities due to neck pain.
- I can't do any recreational activities due to neck pain.

PATIENT NAME \_\_\_\_\_ DATE \_\_\_\_\_

SCORE \_\_\_\_\_ [50]

The original English version (COPYRIGHT: VERNON H & HAGINO C, 1991).