

Appendix 1

EuraHS-QoL

The EuraHS-QoL is a patient-reported outcome measure designed to assess the quality of life of patients with inguinal hernia and can be used before and after surgery⁴¹.

This is a validated score that consists of 9 questions in 3 domains: pain at hernia site (at rest, during activities and in the last week), restriction of activities (inside the house, outside the house, during sports and during heavy labour), and cosmetic discomfort (shape of the abdomen and discomfort at hernia site).

Each question is rated from 0 (best outcome) to 10 (worst outcome). The total score is the sum of the rating of the 9 questions and ranges from 0 to 90. Higher scores correlate with worse quality of life and vice-versa.

The EuraHS-QoL was used prior to the surgery, at one month and three months after surgery.

Table B.1: EuraHS-QoL questionnaire⁴¹

EuraHS-QoL Preoperative											
Pain at the site of the hernia											
	0 = no pain					10 = worst pain imaginable					
In rest (lying down)	0	1	2	3	4	5	6	7	8	9	10
During activities	0	1	2	3	4	5	6	7	8	9	10
Worst pain felt during the last week	0	1	2	3	4	5	6	7	8	9	10
Restrictions of activities because of pain or discomfort at the site of the hernia											
	0 = no restriction					10 = completely restricted					
Daily activities (in the house)	0	1	2	3	4	5	6	7	8	9	10
Outside the house	0	1	2	3	4	5	6	7	8	9	10
During sports	0	1	2	3	4	5	6	7	8	9	10
During heavy labor	0	1	2	3	4	5	6	7	8	9	10
Cosmetic discomfort											
	0 = very beautiful					10 = extremely ugly					
The shape of the abdomen	0	1	2	3	4	5	6	7	8	9	10
The site of the hernia	0	1	2	3	4	5	6	7	8	9	10
EuraHS-QoL Postoperative											
Pain at the site of the hernia repair											
	0 = no pain					10 = worst pain imaginable					
In rest (lying down)	0	1	2	3	4	5	6	7	8	9	10
During activities	0	1	2	3	4	5	6	7	8	9	10
Worst pain felt during the last week	0	1	2	3	4	5	6	7	8	9	10
Restrictions of activities because of pain or discomfort at the site of the hernia repair											
	0 = no restriction					10 = completely restricted					
Daily activities (in the house)	0	1	2	3	4	5	6	7	8	9	10
Outside the house	0	1	2	3	4	5	6	7	8	9	10
During sports	0	1	2	3	4	5	6	7	8	9	10
During heavy labor	0	1	2	3	4	5	6	7	8	9	10
Cosmetic discomfort											
	0 = very beautiful					10 = extremely ugly					
The shape of the abdomen	0	1	2	3	4	5	6	7	8	9	10
The site of the hernia	0	1	2	3	4	5	6	7	8	9	10

Clavien-Dindo Classification

The Clavien-Dindo classification consists of a grading system for adverse events consequent of surgical procedures. It consists of 5 grades (7 if subgrades are also taken into account) ⁴².

Grade I includes any deviation from the normal post-operative course that does not require surgical, endoscopic or radiologic intervention.

Grade II includes complications that require drug treatments other than those allowed for Grade I complications.

Grade III considers complications that require surgical, endoscopic or radiological intervention. This grade includes Grade IIIa for interventions not under general anesthetic and Grade IIIb for interventions under general anesthetic.

Grade IV includes life-threatening complications with Grade IVa for single-organ dysfunction and Grade IVb for multi-organ dysfunction.

Grade V describes the death of the patient.

BMI

The BMI quotient (expressed in kg/m²) is used to identify adults whose weight is not proportional to their height ⁴³.

The categories are defined as: Underweight if BMI under 18.5. Normal weight if the BMI is between 18.5 and 24.9. Overweight if the BMI is between 25 and 29.9. Obese if BMI is above 30.

ASA

The ASA Physical Status Classification System is used to assess a patient's pre-anesthesia medical comorbidities ⁴⁴.

A patient classified as an ASA 1 is a normal healthy patient. A patient with ASA 2 has mild systemic disease. With ASA 3 the patient has severe systemic disease. Last, a patient with ASA 4 has severe systemic disease that is a constant threat to life.