

# Weekly

## Chronic Idiopathic Urticaria (CIU) TRACKER

**The CIU tracker allows you to keep a record of your weekly symptoms. It consists of two sections:**

1. Weekly Urticaria Activity Score (UAS7) questionnaire – allows you to record your CIU symptoms over 7 days
2. Angioedema Tracker – allows you to record and track the location and severity of your angioedema

Patient name:




Physician name:

Week of

to

## Weekly Urticaria Activity Score (UAS7)

Complete this questionnaire over 7 consecutive days. Your responses will help your doctor assess how active your chronic idiopathic urticaria (CIU) is. Please circle the score that corresponds to the number of wheals you have (see description in chart below) and the score that represents the intensity of your pruritus (itching) on a daily basis (see below the chart).

Date	Daily number of wheals	+	Daily intensity of pruritus	=	Daily UAS score*
<i>Example</i>	 0 ① 2 3	+	 0 1 ② 3	=	 0 1 2 ③ 4 5 6
Day 1	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 2	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 3	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 4	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 5	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 6	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 7	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
					<b>UAS7 score<sup>†</sup></b>

Adapted from Zuberbier *et al.*

\*The sum of the daily number of wheals and daily intensity of pruritus.

†The sum of the daily UAS scores over 7 consecutive days.

## Assessment of disease activity in patients with CIU (UAS scale)

Score	Wheals	Pruritus
0	<b>None</b>	<b>None</b>
1	<b>Mild</b> (less than 20 wheals/24 hours)	<b>Mild</b> (present but not annoying or troublesome)
2	<b>Moderate</b> (20-50 wheals/24 hours)	<b>Moderate</b> (troublesome but does not interfere with normal daily activity or sleep)
3	<b>Intense</b> (more than 50 wheals/24 hours or large confluent areas of wheals)	<b>Intense</b> (severe pruritus, which is sufficiently troublesome to interfere with normal daily activity or sleep)

## Angioedema Tracker

Angioedema is a sudden, and sometimes painful, deep tissue swelling.

Tracking your angioedema can help to identify patterns in frequency, duration and location. This may allow you to manage your condition better and give your doctor more insight into your condition.

Location	Duration		Notes
	From	To	
Right Eye			
Left Eye			
Lip			
Tongue			
Right Hand			
Left Hand			
Right Foot			
Left Foot			
Other			



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