

# UAS7

## Using the **UAS7**

in routine clinical practice  
to assess disease activity  
in patients with CIU<sup>\*†</sup>

\*UAS7: weekly Urticaria Activity Score; CIU: chronic idiopathic urticaria

†Chronic idiopathic urticaria is sometimes referred to as chronic spontaneous urticaria.

# UAS7:

## A tool to assess disease activity in patients with CIU

Chronic idiopathic urticaria (CIU) is a skin disorder characterized by the spontaneous appearance of wheals and/or angioedema for at least 6 weeks.<sup>1</sup>

The **Urticaria Activity Score (UAS)** is a CIU-specific patient-reported measure. It is based on the assessment of key CIU symptoms: **number of wheals** and **intensity of itch**.<sup>1</sup>

Patients with CIU are advised to document 24-hour self-evaluation scores. Daily UAS scores are summed over 7 consecutive days to create the UAS7, with higher scores indicating greater disease severity.<sup>1</sup>

The UAS7 should be used in routine clinical practice to determine disease severity in patients with CIU. Comparing UAS7 scores at different visits enables to monitor disease activity over time.<sup>1</sup>

**Please remind patients to bring their completed questionnaires to their next visit.**

# 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 and the score that represents the intensity of your pruritus (itching) on a daily basis (see description in chart below). Remember to bring your completed questionnaire to your next visit.

Date	Daily number of wheals	+	Daily intensity of pruritus	=	Daily UAS score*
<b>Example</b>	0 1 <b>2</b> 3	+	0 1 <b>2</b> 3	=	0 1 2 <b>3</b> 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†</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)

**Remember to complete this questionnaire for your next visit with your doctor.**

**References:** **1.** Zuberbier T, Asero R, Bindslev-Jensen C *et al.* EAACI/GA<sup>2</sup>LEN/EDF/WAO guideline: definition, classification and diagnosis of urticaria. *Allergy* 2009 Oct;64(10):1417-26. **2.** Khan DA. Chronic urticaria: Standard management and patient education. In: UpToDate, Waltham, MA. Available at <http://www.uptodate.com/contents/chronic-urticaria-standard-management-and-patient-education?topicKey=ALLRG%2F8106&elapsedTimeMs=6&view=print&d%E2%80%A6>. Accessed August 18, 2014. **3.** Hide M. "Urticaria." *Therapy of Skin Diseases: A Worldwide Perspective on Therapeutic Approaches and Their Molecular Basis*. Ed. Krieg T, Bickers DR, Miyachi Y. Springer, 2010. 247-62.