A self-evaluation tool for your eczema or your child’s eczema

- For a better understanding of your disease or your child’s disease.
- For a better understanding of the main symptoms and also to better communicate with your doctor.

How should PO-SCORAD be used?*
The PO-SCORAD evaluates the condition of eczema over the last 3 days.

To obtain a score, you must evaluate the following elements:
- Spread of the eczema
- Severity of dry skin outside of areas affected by eczema
- Symptom intensity on areas affected by eczema
- Intensity of eczema-related problems (Especially itching and trouble sleeping)
**1st STEP**

- **Spread of the eczema**

Using the drawing provided, shade the areas that correspond to the areas of your body affected by eczema.

**2nd STEP**

- **Different symptoms to evaluate**

**SURFACE OF THE SKIN**

Examine the parts of the skin not affected by eczema

Is the skin dry?

- Not at all
- Slightly dry
- Moderately dry
- Extremely dry

**ERYTHEMA**

Are there red areas on the eczema patches?

- Not at all
- Slightly red
- Moderately red
- Extremely red
**OEDEMA**
*Are the eczema-affected areas swollen?*

- Not at all
- Slightly swollen
- Moderately swollen
- Extremely swollen

**OOZING**
*Are there scabs or oozing areas on the eczema patches?*

- Not at all
- A few
- A moderate number
- Several

**SCRATCHES**
*Are there scratch marks on the areas affected by eczema?*

- Not at all
- A few scratch marks
- A moderate number of scratch marks
- Several scratch marks

**THICKENING OF THE SKIN (LICHENIFICATION)**
*Have you noticed any thickening of the skin on the areas affected by eczema?*

- Not at all
- Slight thickening
- Moderate thickening
- Significant thickening
3rd STEP

- Itching and trouble sleeping
  average for last 48 hrs

- Have you been bothered by itching?
  (evaluate using the analogue scale)

  **Itching:**
  Indicate the intensity of itching experienced by drawing a line between 0 (no itching) and 10 (unbearable itching)

- Have you had trouble sleeping?
  (evaluate using the analogue scale)

  **Trouble sleeping:**
  Indicate your sleep quality by drawing a line between 0 (no insomnia) and 10 (total insomnia)

*This disease self-evaluation for patients was validated by the European Task Force of Atopic Dermatitis in collaboration with the Foundation for Atopic Dermatitis.*

The drawings were created with **Professor Jean-François Stalder** (CHU Nantes, France) and are the property of the Foundation for Atopic Dermatitis.