

# PO SCORAD

## Patient-Oriented SCORAD

### 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?\*

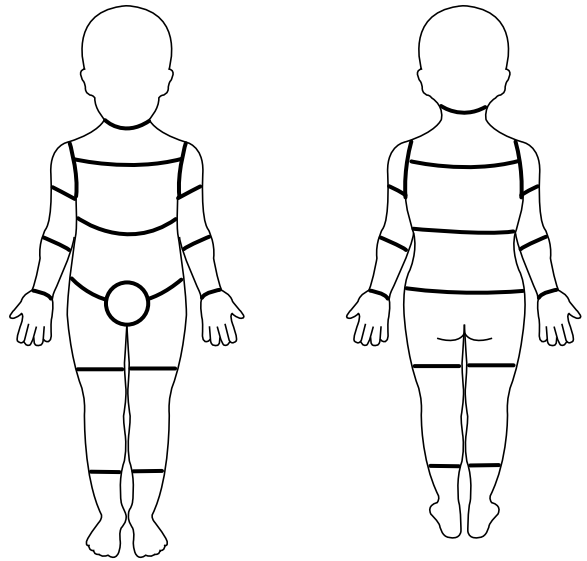
The PO-SCORAD evaluates the condition of eczema over the last 3 days.

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)

# 1<sup>st</sup> STEP

## ● Spread of the eczema



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

# 2<sup>nd</sup> 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



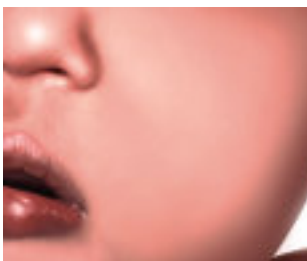
Extremely dry



### ● 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



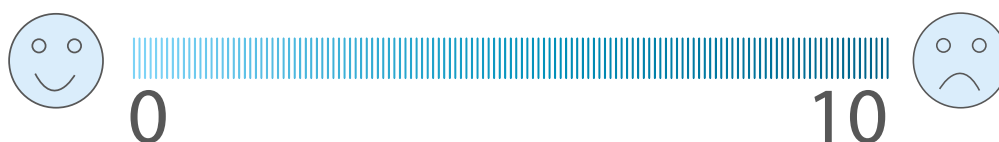
# 3<sup>rd</sup> STEP

## ● Itching and trouble sleeping average for last 48 hrs

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

Itching:

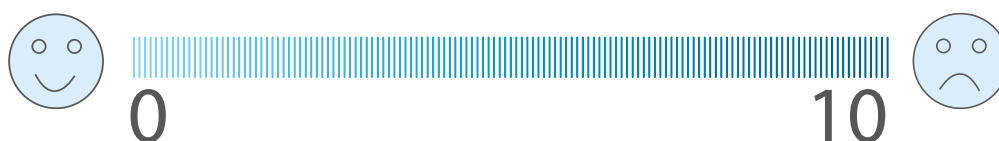
Indicate the intensity of itching experienced by drawing a line between 0 (no itching) and 10 (unbearable itching)



### ● 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.*