

# WEEKLY URTICARIA ACTIVITY SCORE (UAS7)

Please complete the diary for 7 days. This will provide your UAS7 score for the week before your next appointment.

When completing the diary, please try to reflect the previous 24 hours as a whole, not merely the current situation.

## Step 1: Instructions

Evaluate the **last 24 hours** in terms of both the wheals (hives) and the itching with a score, using the scale described in the table below:

Wheals (hives) Score	Itching Score
0 = No wheals	0 = None
1 = Mild (<20 wheals)	1 = Mild (present but not annoying or troublesome)
2 = Moderate (20-50 wheals)	2 = Moderate (troublesome but does not interfere with normal daily activity or sleep)
3 = Intense (>50 wheals)	3 = Intense (severe itch, which is sufficiently troublesome to interfere with normal daily activity or sleep)

For instance, if you had 30 wheals in the past 24 hours, you would score a **2** for wheals. If your itching in the past 24 hours was intense and interfering with sleep, you would score a **3** for itch, making your total score for the day: 2 + 3 = **5**.

	Wheals Score/24h				Itching Score/24 h				Total
e.g.	0	1	②	3	0	1	2	③	5

## Step 2: Your weekly UAS (UAS7)

Please enter your scores for the corresponding day in the table below by circling the appropriate number. Add the two scores together and write the total for that day in the right hand column.

Finally, at the end of the week, add the seven daily scores and enter your UAS7 score in the grey box.

		Wheals Score/24h				Itching Score/24h				
Day	Date	None	Mild	Moderate	Intense	None	Mild	Moderate	Intense	Total
1		0	1	2	3	0	1	2	3	
2		0	1	2	3	0	1	2	3	
3		0	1	2	3	0	1	2	3	
4		0	1	2	3	0	1	2	3	
5		0	1	2	3	0	1	2	3	
6		0	1	2	3	0	1	2	3	
7		0	1	2	3	0	1	2	3	
<b>Weekly Total (UAS7)</b>										

**Thank you. Please remember to bring this completed form to your next appointment.**