

WEEKLY URTICARIA ACTIVITY SCORE (UAS7)



Date: _____ Patient Name: _____ DOB: _____

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**.

Step 2: Your weekly UAS (UAS7)

Please enter your scores for the corresponding day in the table below by selecting the correct number from the drop-down box.

The date should be entered in the format DD/MM/YY.

The total will automatically appear on the right, and the total for the week will appear at the bottom.

Day	Date	Wheals Score/24h	Itching Score/24h	Total
1				
2				
3				
4				
5				
6				
7				
		Weekly Total (UAS7)		

Thank you. Please remember to save this completed diary and bring it to your next appointment.