

Patient-Oriented Eczema Measure (POEM)

POEM for self-completion and/or proxy completion

Patient Details:

Name: _____

Patient's age: _____

Date of last doctor's visit: _____

Today's date: _____

Please circle one response for each of the 7 questions below about your/your child's eczema. If your child is old enough to understand the questions then please fill in the questionnaire together. Please leave blank any questions you feel unable to answer.

1. Over the last week, on how many days has your/your child's skin been itchy because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

2. Over the last week, on how many nights has your/your child's sleep been disturbed because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

3. Over the last week, on how many days has your/your child's skin been bleeding because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

4. Over the last week, on how many days has your/your child's skin been weeping or oozing clear fluid because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

5. Over the last week, on how many days has your/your child's skin been cracked because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

6. Over the last week, on how many days has your/your child's skin been flaking off because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

7. Over the last week, on how many days has your/your child's skin felt dry or rough because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

Total POEM Score (Maximum 28): _____



Patient-Oriented Eczema Measure (POEM)^{1,2}

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How is the scoring done?

Each of the seven questions carries equal weight and is scored from 0 to 4 as follows:

No days = 0

1-2 days = 1

3-4 days = 2

5-6 days = 3

Every day = 4

Note:

- If one question is left unanswered this is scored 0 and the scores are summed and expressed as usual out of a maximum of 28
- If two or more questions are left unanswered the questionnaire is not scored
- If two or more response options are selected, the response option with the highest score should be recorded

What does a POEM score mean?

To help patients and clinicians to understand their POEM scores, the following bandings have been established (see references below):

0 to 2 = Clear or almost clear

3 to 7 = Mild eczema

8 to 16 = Moderate eczema

17 to 24 = Severe eczema

25 to 28 = Very severe eczema

References: 1. Charman CR, Venn AJ, Williams HC. The patient-oriented eczema measure: development and initial validation of a new tool for measuring atopic eczema severity from the patients' perspective. *Arch Dermatol.* 2004;140(12):1513-1519. 2. Charman CR, Venn AJ, Ravenscroft JC, Williams HC. Translating Patient-Oriented Eczema Measure (POEM) scores into clinical practice by suggesting severity strata derived using anchor-based methods. *Br J Dermatol.* 2013;169(6):1326-1332.

The Patient Oriented Eczema Measure (POEM) scale. © The University of Nottingham.