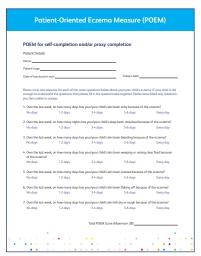
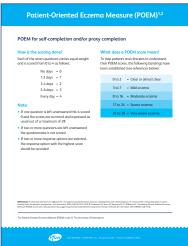
Your POEM (Patient-Oriented Eczema Measure)^a Score Tracking Form

The POEM questionnaire^{1,2} helps people with atopic dermatitis (AD), a form of eczema that may be chronic or recurring,³ work with their healthcare professionals to help manage their condition by answering 7 questions related to AD signs, symptoms, and disease severity.

The purpose of this Tracking Form is to allow you to record the scores you calculated on the POEM questionnaire each time you have logged an entry.





Calculate your POEM scores weekly and enter them in the grid on the reverse side of this page.





Your POEM scores give your healthcare professional team important insight into the severity of your AD, as well as the management of your condition.

Remember: the POEM tracking process generates vital input that may help support treatment decision-making. Always try to be as accurate as possible in logging your POEM scores.

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. 3. National Eczema Association. An overview of the different types of eczema. https://nationaleczema.org/eczema/types-of-eczema. Accessed February 6, 2020.

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

Completing the POEM Tracking Form

In the grid below, enter your POEM score totals by placing a check mark in the appropriate boxes and note the date of your entries. Remember to bring the completed POEM to your next doctor's office visit for review with your healthcare professional team.

Note: Recorded scores shown below are for illustrative purposes only. Each person's scores will vary.

Date		6/11/20	6/18/20				
Doctor's appointment		V	2710720				
		V					
Very severe eczema	28						
	27						
	26						
	25						
Severe eczema	24						
	23						
	22						
	21						
	20						
	19						
	18						
	17						
Moderate eczema	16						
	15	/					
	14		\checkmark				
	13						
	12						
	11						
	10						
	9						
	8						
Mild eczema	7						
	6						
	5						
	4						
	3						
Clear or almost clear	2						
	1						
	0						

