

# Your POEM (Patient-Oriented Eczema Measure)<sup>a</sup> Score Tracking Form

The POEM questionnaire<sup>1,2</sup> helps people with atopic dermatitis (AD), a form of eczema that may be chronic or recurring,<sup>3</sup> 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.

**Patient-Oriented Eczema Measure (POEM)**

**POEM for self-completion and/or proxy completion**

Patient Details:  
Name: \_\_\_\_\_  
Patient's age: \_\_\_\_\_ Today's date: \_\_\_\_\_  
Date of last doctor's visit: \_\_\_\_\_

Please circle one response for each of the seven 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 find unclear or unsure.

- 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
- 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
- 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
- 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
- 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
- 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
- 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): \_\_\_\_\_

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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

**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

**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

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.

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

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.**

<sup>a</sup>The Patient-Oriented Eczema Measure (POEM) scale. © The University of Nottingham.

**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.

# 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		✓								
Very severe eczema	28									
	27									
	26									
	25									
Severe eczema	24									
	23									
	22									
	21									
	20									
	19									
	18									
Moderate eczema	17									
	16									
	15	✓								
	14		✓							
	13									
	12									
	11									
	10									
Mild eczema	9									
	8									
	7									
	6									
	5									
Clear or almost clear	4									
	3									
	2									
	1									
	0									