

Urticaria Activity Score (UAS7):

A TOOL TO ASSESS DISEASE ACTIVITY IN PATIENTS WITH CSU

What is urticaria and when does it become chronic spontaneous urticaria?^{1,2,3}

Urticaria, commonly known as hives, are red and raised circular swellings, or wheals, on the skin's surface. They can be as small as a pinhead or as large as a dinner plate and are accompanied by itching and sometimes a sensation of burning. Whilst the wheals usually disappear within minutes to hours, some people get them each day for weeks.

Chronic Spontaneous Urticaria (CSU) is diagnosed when this occurs spontaneously on most days for more than 6 weeks.

How do I rate the severity of my urticaria?^{2,3}

The **UAS7** is a simple scoring system for you to evaluate your urticaria signs and symptoms. It is based on scoring the wheals and itch separately on a scale of 0 to 3 over 7 days.

Score both the wheals and itch according to the following criteria on a **daily** basis:

Wheals

AMOUNT	SCORE
None	0
Mild: <20 wheals over 24 hours	1
Moderate: 20-50 wheals over 24 hours	2
Intense: >50 wheals over 24 hours or large areas of wheals that blend into one	3

Adapted from ASCIA CSU Guidelines 2015

Itch (pruritis)

AMOUNT	SCORE
None	0
Mild: present but not annoying or troublesome	1
Moderate: troublesome but does not interfere with normal daily activity or sleep	2
Intense: severe itch (pruritis), which is sufficiently troublesome to interfere with normal daily activity or sleep	3

Adapted from ASCIA CSU Guidelines 2015

The **final score** is calculated by adding together the daily scores, which can range from 0 to 6, for 7 days. This results in a maximum total score of 42.

Why is the UAS7 important?^{2,3}

The **UAS7 is important** as it provides your doctor with a measure of the extent and severity of your urticaria and can be used to determine response to treatment.



PLEASE REMEMBER TO complete your **UAS7 questionnaire**
and provide it to your doctor at your **NEXT APPOINTMENT**

References: **1.** Australasian Society of Clinical Immunology and Allergy. ASCIA PCC Urticaria (Hives) 2017. [Allergy.org] (accessed 3 June 2017) **2.** Australasian Society of Clinical Immunology and Allergy. ASCIA Chronic Spontaneous Urticaria (CSU) Guidelines. 2015. [Allergy.org] (accessed 3 June 2017). **3.** Zuberbier T *et al*. The EAACI/GA2LEN/EDF/WAO Guideline for the definition, classification, diagnosis, and management of urticaria: the 2013 revision and update. Allergy 2014; 69: 868–887.

Urticaria Activity Score (UAS7): FOR COMPLETION

Patient's full name: _____

Period of assessment: _____

Scoring instructions and table to complete²

- Complete this questionnaire once a day over 7 consecutive days
- Shade the score that corresponds to the number of wheals you have and the score that represents the intensity of your itching (pruritis), as per the scoring criteria below, on a daily basis
- Add up the scores, on a daily basis
- At the end of the week, add up the 7 daily scores to give you the total score

Date	Number of wheals	+	Itch (pruritis) intensity	=	Daily UAS score <i>The sum of the daily number of wheals and daily intensity of pruritis</i>
Example	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6

If you had experienced 30 wheals over day 1 and were not able to sleep you would score the number of wheals as '2' and the itch intensity as '3'. This would give you a score of '5' for day 1.

Day 1	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 2	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 3	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 4	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 5	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 6	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6
Day 7	0 1 2 3	+	0 1 2 3	=	0 1 2 3 4 5 6

Adapted from ASCIA CSU Guidelines 2015

UAS7 Score:

Sum of daily UAS scores over 7 consecutive days. Max=42

Scoring criteria (UAS scale):²

SCORE	Wheals	Itch (pruritis)
0	None	None
1	Mild: <20 wheals over 24 hours	Mild: present but not annoying or troublesome
2	Moderate: 20-50 wheals over 24 hours	Moderate: troublesome but does not interfere with normal daily activity or sleep
3	Intense: >50 wheals over 24 hours or large areas of wheals that blend into one	Intense: severe itch (pruritis), which is sufficiently troublesome to interfere with normal daily activity or sleep

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