POEM for self-completion

Patient Details: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Please circle one response for each of the seven questions below about your eczema. Please leave blank any questions you feel unable to answer.**

**1. Over the last week, on how many days has your 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 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 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 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 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 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 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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**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

**Do I need permission to use the scale?**

The POEM scale is protected by copyright. Commercial users must pay a per patient fee – details are available at <https://licensing.micragateway.org/product/poem---patient-orientated-eczema-measure>

POEM remains freely available for non-commercial use and can be downloaded from: [www.nottingham.ac.uk/dermatology](http://www.nottingham.ac.uk/dermatology)

We do however ask that you register your use of the POEM by e-mailing [cebd@nottingham.ac.uk](mailto:cebd@nottingham.ac.uk) with details of how you would like to use the scale, and which countries the scale will be used in.

**References**

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;140:1513-1519

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. Dec 2013; 169(6): 1326–1332.

**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