

POEM for self-completion

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

Date: \_\_\_\_\_

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 your 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 your 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 your 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 your 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 your 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 your 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 your eczema?

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

Total POEM Score (Maximum 28): .....

## POEM for self-completion

### 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

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

Whilst the POEM scale is protected by copyright, it is freely available for 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.