

Patiëntenvragenlijst over eczeem (POEM) om zelf in te vullen

Patiëntgegevens: _____

Datum: _____

Omcirkel één antwoord voor elk van de onderstaande zeven vragen over uw eczeem. Laat vragen waar u geen antwoord op kunt geven, onbeantwoord.

1. Hoeveel dagen in de afgelopen 7 dagen jeukte uw huid door het eczeem?

Geen 1-2 dagen 3-4 dagen 5-6 dagen Iedere dag

2. Hoeveel nachten werd uw slaap in de afgelopen 7 dagen verstoord door het eczeem?

Geen 1-2 nachten 3-4 nachten 5-6 nachten Iedere nacht

3. Hoeveel dagen in de afgelopen 7 dagen bloedde uw huid door het eczeem?

Geen 1-2 dagen 3-4 dagen 5-6 dagen Iedere dag

4. Hoeveel dagen in de afgelopen 7 dagen verloor of scheidde uw huid helder vocht af door het eczeem?

Geen 1-2 dagen 3-4 dagen 5-6 dagen Iedere dag

5. Hoeveel dagen in de afgelopen 7 dagen was uw huid gebarsten door het eczeem?

Geen 1-2 dagen 3-4 dagen 5-6 dagen Iedere dag

6. Hoeveel dagen in de afgelopen 7 dagen schilferde uw huid door het eczeem?

Geen 1-2 dagen 3-4 dagen 5-6 dagen Iedere dag

7. Hoeveel dagen in de afgelopen 7 dagen voelde uw huid droog of ruw aan door het eczeem?

Geen 1-2 dagen 3-4 dagen 5-6 dagen Iedere dag

Totale POEM-score (maximaal 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
We do however ask that you register your use of the POEM by e-mailing 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.

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