

# Adult Allergy Clinic

Dr Michael Radcliffe, Allergy Consultant

Name .....
DoB .....

## Urticaria Activity Score (UAS7)

Please complete the DAILY DIARY for seven days. At the same time each day, assess the severity of your symptoms in terms of both WHEAL SCORE (hives) and ITCHING SCORE using the SEVERITY SCALE below. Please try to reflect the symptoms during the whole of the previous 24 hours and not just the symptoms that are present at the time you complete the diary.

### SEVERITY SCALE

WHEAL SCORE (hives)	ITCHING SCORE
0 = No wheals	0 = None
1 = Mild (less than 20 wheals)	1 = Mild (present but not annoying or troublesome)
2 = Moderate (20-50 wheals)	2 = Moderate (troublesome but does not interfere with normal daily activity or sleep)
3 = Intense (more than 50 wheals)	3 = Intense (severe itch, which is sufficiently troublesome to interfere with normal daily activity or sleep)

For instance, if about 30 wheals had come up during the past 24 hours, you would score a 2 for wheals. If your itching during the past 24 hours was intense and interfering with sleep, you would score a 3 for itch, making your total score for the day: 2 + 3 = 5.

### DAILY DIARY

DAY	DATE	WHEAL SCORE during last 24 hours	ITCHING SCORE during last 24 hours	TOTAL
1				
2				
3				
4				
5				
6				
7				
WEEKLY TOTAL (UAS7)				

**Thank you!**