

YOUR
WEEKLY
TRACKER.

DLQI

Now with free resources and
information available at...

Help for .co.uk


Go online to discover...

- More on what urticaria is, and ways to cope
- Why measuring urticaria impact is important, and different methods
- Video stories from other people experiencing urticaria
- Links to other independent websites for further urticaria support


And get instant access to:



Interactive PDF
Downloadable
questionnaires



The virtual
HiveHelper
assistant, powered
by Facebook
Messenger



Download
instructions for
the independent
CRUSE[®]
monitoring app

Help for Hives, including the helpforhives.co.uk website and HiveHelper chat tool, is a non-promotional urticaria awareness programme created and funded by Novartis Pharmaceuticals UK Ltd. The programme has been designed to raise awareness and provide information on Urticaria and CSU. It does not replace clinical advice and recommendations from a healthcare professional. If you have any questions or concerns, please contact your healthcare professional.

The CRUSE[®] app is developed independently with financial support from Novartis (Novartis has no role in app ownership, data management, or control).

The purpose of this journal is to track symptoms of chronic urticaria (CU) and chronic spontaneous urticaria (CSU). It has been produced and funded by Novartis Pharmaceuticals UK Ltd, and contains the Dermatology Life Quality Index (DLQI), adapted within licence. Reference: Finlay AY, et al. *Clin Exp Dermatol* 1994;19(3):210-216.

Now updated with online resources! See inside for details...

**YOUR
WEEKLY
TRACKER.**

THIS TRACKER BELONGS TO

Initials:

Doctor:

Hospital:

» A space
to be as honest
as you like «

Your weekly tracker focuses on your
Dermatology Life Quality Index (DLQI),
helping you assess how your urticaria affects the
quality of your day-to-day life each week.

Your DLQI is calculated by answering 10 questions. Each question is scored from 0-3 and added together to give you a total out of 30, with a higher score representing a greater impact. However, if the scoring system isn't showing the full extent of how you're feeling, or there's something in particular you want to discuss with your doctor, don't worry. There's some space to reflect each week and at the end of the month.

WEEK 1

DLQI week commencing

/ /

DLQI QUESTIONNAIRE

Answer each of the questions below and you will get your total DLQI score out of 30, with a high score representing a greater impact.



Q1	Over the last week, how itchy, sore, painful or stinging has your skin been?
Q2	Over the last week, how embarrassed or self-conscious have you been because of your skin?
Q3	Over the last week, how much has your skin interfered with you going shopping or looking after your home or garden?
Q4	Over the last week, how much has your skin influenced the clothes you wear?
Q5	Over the last week, how much has your skin affected any social or leisure activities?
Q6	Over the last week, how much has your skin made it difficult to do any sport?

Q7	Over the last week, has your skin prevented you from working or studying? If no: over the last week, how much has your skin been a problem at work or studying?	<input type="radio"/> 3 YES <input type="radio"/> 0 NO <input type="radio"/> 0
Q8	Over the last week, how much has your skin created problems with your partner or any of your close friends or relatives?	
Q9	Over the last week, how much has your skin caused any sexual difficulties?	
Q10	Over the last week, how much of a problem has the treatment for your skin been, for example by making your home messy, or by taking up time?	
TOTAL DLQI SCORE		/ 30

REFLECTING ON THE WEEK

It's easy to lose track of the weeks when you're distracted by your urticaria. If there are any situations or more details that you want to write down to discuss with your healthcare professional, please use the space below.



WEEK 2

DLQI week commencing

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DLQI QUESTIONNAIRE

Answer each of the questions below and you will get your total DLQI score out of 30, with a high score representing a greater impact.



Q1	Over the last week, how itchy, sore, painful or stinging has your skin been?
Q2	Over the last week, how embarrassed or self-conscious have you been because of your skin?
Q3	Over the last week, how much has your skin interfered with you going shopping or looking after your home or garden?
Q4	Over the last week, how much has your skin influenced the clothes you wear?
Q5	Over the last week, how much has your skin affected any social or leisure activities?
Q6	Over the last week, how much has your skin made it difficult to do any sport?

Q7	Over the last week, has your skin prevented you from working or studying? If no: over the last week, how much has your skin been a problem at work or studying?	<input type="radio"/> 3 YES <input type="radio"/> 0 NO <input type="radio"/> 0
Q8	Over the last week, how much has your skin created problems with your partner or any of your close friends or relatives?	
Q9	Over the last week, how much has your skin caused any sexual difficulties?	
Q10	Over the last week, how much of a problem has the treatment for your skin been, for example by making your home messy, or by taking up time?	
TOTAL DLQI SCORE		/ 30

REFLECTING ON THE WEEK

It's easy to lose track of the weeks when you're distracted by your urticaria. If there are any situations or more details that you want to write down to discuss with your healthcare professional, please use the space below.



WEEK 3

DLQI week commencing

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DLQI QUESTIONNAIRE

Answer each of the questions below and you will get your total DLQI score out of 30, with a high score representing a greater impact.



Q1	Over the last week, how itchy, sore, painful or stinging has your skin been?
Q2	Over the last week, how embarrassed or self-conscious have you been because of your skin?
Q3	Over the last week, how much has your skin interfered with you going shopping or looking after your home or garden?
Q4	Over the last week, how much has your skin influenced the clothes you wear?
Q5	Over the last week, how much has your skin affected any social or leisure activities?
Q6	Over the last week, how much has your skin made it difficult to do any sport?

Q7	Over the last week, has your skin prevented you from working or studying? If no: over the last week, how much has your skin been a problem at work or studying?	<input type="radio"/> 3 YES <input type="radio"/> 0 NO <input type="radio"/> 0
Q8	Over the last week, how much has your skin created problems with your partner or any of your close friends or relatives?	
Q9	Over the last week, how much has your skin caused any sexual difficulties?	
Q10	Over the last week, how much of a problem has the treatment for your skin been, for example by making your home messy, or by taking up time?	
TOTAL DLQI SCORE		/ 30

REFLECTING ON THE WEEK

It's easy to lose track of the weeks when you're distracted by your urticaria. If there are any situations or more details that you want to write down to discuss with your healthcare professional, please use the space below.



WEEK 4

DLQI week commencing

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DLQI QUESTIONNAIRE

Answer each of the questions below and you will get your total DLQI score out of 30, with a high score representing a greater impact.



Q1	Over the last week, how itchy, sore, painful or stinging has your skin been?
Q2	Over the last week, how embarrassed or self-conscious have you been because of your skin?
Q3	Over the last week, how much has your skin interfered with you going shopping or looking after your home or garden?
Q4	Over the last week, how much has your skin influenced the clothes you wear?
Q5	Over the last week, how much has your skin affected any social or leisure activities?
Q6	Over the last week, how much has your skin made it difficult to do any sport?

Q7	Over the last week, has your skin prevented you from working or studying? If no: over the last week, how much has your skin been a problem at work or studying?	<input type="radio"/> 3 YES <input type="radio"/> 0 NO <input type="radio"/> 0
Q8	Over the last week, how much has your skin created problems with your partner or any of your close friends or relatives?	
Q9	Over the last week, how much has your skin caused any sexual difficulties?	
Q10	Over the last week, how much of a problem has the treatment for your skin been, for example by making your home messy, or by taking up time?	
TOTAL DLQI SCORE		/ 30

REFLECTING ON THE WEEK

It's easy to lose track of the weeks when you're distracted by your urticaria. If there are any situations or more details that you want to write down to discuss with your healthcare professional, please use the space below.



REPORTING SIDE EFFECTS

If you get side-effects with any medication you are taking, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the information leaflet that comes in the pack. You can report side effects via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> (UK). By reporting side effects you can help provide more information on the safety of your medication.