

YOUR  
DAILY  
TRACKER.

UAS7

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**<sup>®</sup>  
monitoring app

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

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<sup>®</sup> 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 Urticaria Activity Score (UAS7), adapted within licence.

Reference: Mlynek A, et al. *Allergy* 2008;63(6):777-780.

## YOUR DAILY TRACKER.

### THIS TRACKER BELONGS TO

Initials:

Doctor:

Hospital:

The purpose of this booklet is to track symptoms.

This resource has been produced and funded by Novartis Pharmaceuticals UK Ltd.

This booklet contains the Urticaria Activity Score (UAS7)

The weekly Urticaria Activity Score (UAS7) calculator  
measures the number of hives and the severity of itch you  
experience daily, and can be completed in four simple steps.

- STEP 1.** Score your hives and itch every day.
- STEP 2.** Your daily scores are added together in the third column.
- STEP 3.** At the end of each week, you will get your final UAS7 score at the bottom of the table.
- STEP 4.** There's also some extra space for you to note down any other medications you are taking, as well as a section to help you review and reflect on your month.

↗ UAS7 Severity table

HIVES / 24HRS		ITCH / 24HRS	
Score	Definition	Score	Definition
0	No hives	0	No itch
1	Less than 20 hives	1	Mild itch (present, but not troublesome)
2	Between 20 and 50 hives	2	Medium itch (troublesome, but no significant impact on daily activities or sleep)
3	More than 50 hives	3	Severe itch (intense itching, with a significant impact on daily activities or sleep)

# WEEKLY OVERVIEW 1

UAS7 week commencing

/ /

	HIVES SCORE	ITCH SCORE	SUM OF SCORES FOR HIVES & ITCH
Mon			/ 6
Tue			/ 6
Wed			/ 6
Thu			/ 6
Fri			/ 6
Sat			/ 6
Sun			/ 6
TOTAL UAS7 SCORE FOR THE WEEK			/ 42

# WEEKLY OVERVIEW 2

UAS7 week commencing

/ /

	HIVES SCORE	ITCH SCORE	SUM OF SCORES FOR HIVES & ITCH
Mon			/ 6
Tue			/ 6
Wed			/ 6
Thu			/ 6
Fri			/ 6
Sat			/ 6
Sun			/ 6
TOTAL UAS7 SCORE FOR THE WEEK			/ 42

## ANTIHISTAMINES TAKEN AND DOSAGE

e

## ANTIHISTAMINES TAKEN AND DOSAGE

e

## WEEKLY OVERVIEW 3

UAS7 week commencing

/ /

	HIVES SCORE	ITCH SCORE	SUM OF SCORES FOR HIVES & ITCH
Mon			/ 6
Tue			/ 6
Wed			/ 6
Thu			/ 6
Fri			/ 6
Sat			/ 6
Sun			/ 6
TOTAL UAS7 SCORE FOR THE WEEK			/ 42

## WEEKLY OVERVIEW 4

UAS7 week commencing

/ /

	HIVES SCORE	ITCH SCORE	SUM OF SCORES FOR HIVES & ITCH
Mon			/ 6
Tue			/ 6
Wed			/ 6
Thu			/ 6
Fri			/ 6
Sat			/ 6
Sun			/ 6
TOTAL UAS7 SCORE FOR THE WEEK			/ 42

### ANTIHISTAMINES TAKEN AND DOSAGE

e

### ANTIHISTAMINES TAKEN AND DOSAGE

e

#### 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.