

YOUR
MONTHLY
TRACKER.

UCT

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 Urticaria Control Test (UCT), adapted within licence.

Reference: Weller K, et al. *J Allergy Clin Immunol* 2014;133(5):1365–1372.

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

YOUR MONTHLY TRACKER.

THIS TRACKER BELONGS TO

Initials:

Doctor:

Hospital:

» Some time to reflect on your month «

The monthly Urticaria Control Test (UCT) will help you assess how well controlled your urticaria is over a 4-week period, with just four simple questions to complete.

Each question is scored from 0-4. These scores are then added up to give you a score out of 16. A low score (e.g. below 12) represents poor control. If the scoring system isn't showing the full extent of how you're feeling, please use the note space provided. There are also some prompts to help you discuss any coping mechanisms and future goals, all of which will give your healthcare professional a better insight into your urticaria.

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.