



Eczema Severity Tools: POEM and DLQI

1. POEM – Patient-Oriented Eczema Measure

Please answer the following questions about your eczema symptoms over the past week.
Tick one box per question.

1. Over the last week, on how many nights has your sleep been disturbed because of eczema?

- ☐ No days (Score 0)
- ☐ 1–2 days (Score 1)
- ☐ 3–4 days (Score 2)
- ☐ 5–6 days (Score 3)
- ☐ Every day (Score 4)

2. Over the last week, how often has your skin felt itchy because of eczema?

- ☐ No days (Score 0)
- ☐ 1–2 days (Score 1)
- ☐ 3–4 days (Score 2)
- ☐ 5–6 days (Score 3)
- ☐ Every day (Score 4)

3. Over the last week, how often has your skin been bleeding because of eczema?

- ☐ No days (Score 0)
- ☐ 1–2 days (Score 1)
- ☐ 3–4 days (Score 2)
- ☐ 5–6 days (Score 3)
- ☐ Every day (Score 4)

4. Over the last week, how often has your skin been weeping or oozing clear fluid because of eczema?

- ☐ No days (Score 0)
- ☐ 1–2 days (Score 1)
- ☐ 3–4 days (Score 2)
- ☐ 5–6 days (Score 3)
- ☐ Every day (Score 4)

5. Over the last week, how often has your skin been cracked because of eczema?



- ☐ No days (Score 0)
- ☐ 1–2 days (Score 1)
- ☐ 3–4 days (Score 2)
- ☐ 5–6 days (Score 3)
- ☐ Every day (Score 4)

6. Over the last week, how often has your skin been flaking off because of eczema?

- ☐ No days (Score 0)
- ☐ 1–2 days (Score 1)
- ☐ 3–4 days (Score 2)
- ☐ 5–6 days (Score 3)
- ☐ Every day (Score 4)

7. Over the last week, how often has your skin felt dry or rough because of eczema?

- ☐ No days (Score 0)
- ☐ 1–2 days (Score 1)
- ☐ 3–4 days (Score 2)
- ☐ 5–6 days (Score 3)
- ☐ Every day (Score 4)

Scoring: Add up the scores for each question. Total score range: 0–28



2. DLQI – Dermatology Life Quality Index

Please tick one box for each question to indicate how much your skin problem has affected you over the last week.

1. Over the last week, how itchy, sore, painful or stinging has your skin been?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)
- ☐ Not relevant (Score 0)

2. Over the last week, how embarrassed or self-conscious have you been because of your skin?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)
- ☐ Not relevant (Score 0)

3. Over the last week, how much has your skin interfered with you going shopping or looking after your home or garden?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)
- ☐ Not relevant (Score 0)

4. Over the last week, how much has your skin influenced the clothes you wear?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)
- ☐ Not relevant (Score 0)

5. Over the last week, how much has your skin affected any social or leisure activities?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)



- ☐ Not relevant (Score 0)

6. Over the last week, how much has your skin made it difficult for you to do any sport?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)
- ☐ Not relevant (Score 0)

7. Over the last week, has your skin prevented you from working or studying?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)
- ☐ Not relevant (Score 0)

8. Over the last week, how much has your skin created problems with your partner or any of your close friends or relatives?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)
- ☐ Not relevant (Score 0)

9. Over the last week, how much has your skin caused any sexual difficulties?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)
- ☐ Not relevant (Score 0)

10. 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?

- ☐ Very much (Score 3)
- ☐ A lot (Score 2)
- ☐ A little (Score 1)
- ☐ Not at all (Score 0)
- ☐ Not relevant (Score 0)



Scoring: Add the scores. Maximum score = 30. Higher scores = greater impact on quality of life.