



## YOUR WEEKLY 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 Dermatology Life Quality Index (DLQI).



» 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.

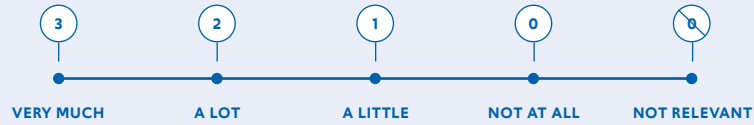
# WEEK 1

DLQI week commencing

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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?  <b>If no:</b> 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 checked="" 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 things 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?  <b>If no:</b> 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 checked="" 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?	
<b>TOTAL DLQI SCORE</b>		<b>/ 30</b>

### REFLECTING ON THE WEEK

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# 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?  <b>If no:</b> 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
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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?	
<b>TOTAL DLQI SCORE</b>		<b>/ 30</b>

### REFLECTING ON THE WEEK

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# 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?  <b>If no:</b> 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
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<b>TOTAL DLQI SCORE</b>		<b>/ 30</b>

## REFLECTING ON THE WEEK

It's easy to lose track of things 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.