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## Urticaria Meter

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Sir,

Urticaria is a heterogeneous group of diseases. All types and subtypes of urticaria share a common distinctive skin reaction pattern, i.e. the development of urticarial skin lesions and/or angioedema.<sup>[1]</sup> Chronic urticaria (CU) is characterized by spontaneous occurrence of wheals, lines, and itching along with angioedema daily or almost daily for at least six weeks or more, without being related to a specific trigger or inducible factor.

Urticaria is assessed with urticaria activity score (UAS). The UAS measures two symptoms-number of wheals and intensity of itching-each on a 0-3 scale each day. The UAS was recorded by each patient daily and was obtained from the patients weekly. The number of wheals was scored from 0 to 3: 0, no wheals; 1, less than 20 wheals; 2, 20-50 wheals; 3, >50 wheals almost covered large confluent areas of wheals. Severity of itch was scored as 0, none; 1, mild; 2, moderate; and 3, severe. One has to add both these scores, viz., for both the number of wheals and the severity of itch, on a given day for each of the days in a given week to get the weekly UAS. The possible weekly aggregate UAS thereby ranged from 0 to 42 [Table 1].<sup>[2]</sup>

In a busy practice a dermatologists find it difficult to assess severity of urticaria. We have devised urticaria meter which will enable doctors to assess urticaria severity in minutes.

This will help them to plan treatment of urticaria. Dermatologists need to enter wheal score and pruritus score on the meter and score will be displayed within seconds. Similar meters are available in gynecology and pediatrics to assess expected date of delivery or body mass index.

We have devised this meter by placing four circles on top of each other. First circle is a knob to move circle. Second circle is divided in to four parts for wheal score from 0 to three. Third circle is for assessing pruritus severity score from 0 to three. Last and outermost circle is total of wheal score and pruritus score [Figure 1].

This will enable even patients to assess their severity in a minute.

## References

1. Zuberbier T, Asero R, Bindslev-Jensen C, Walter Canonica G, Church MK, Giménez-Arnau AM, et al. EAACI/GA(2)LEN/EDF/WAO guideline: management of urticaria. *Allergy*. 2009;64:1427–43. [PubMed: 19772513]
2. Zuberbier T, Asero R, Bindslev-Jensen C, Walter Canonica G, Church MK, Giménez-Arnau A, et al. EAACI/GA(2)LEN/EDF/WAO guideline: definition, classification and diagnosis of urticaria. *Allergy*. 2009;64:1417–26. [PubMed: 19772512]

## Figures and Tables

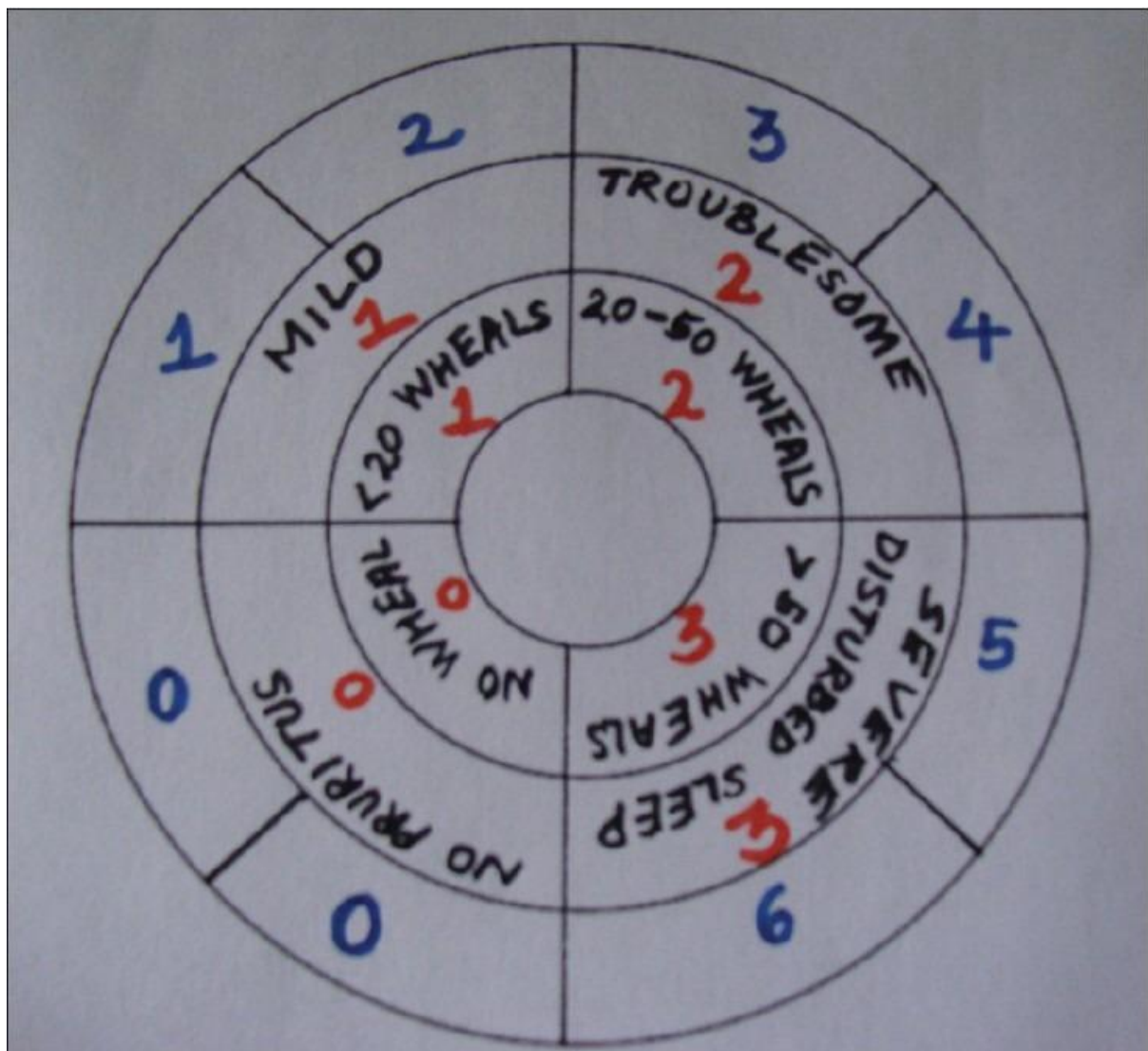
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Table 1

| Score | Wheals                                                       | Pruritus                                                                                            |
|-------|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 0     | None                                                         | None                                                                                                |
| 1     | Mild (<20 wheals/24 h)                                       | Mild (present but not annoying or troublesome)                                                      |
| 2     | Moderate (20-50 wheals/24 h)                                 | Troublesome but does not interfere with sleep                                                       |
| 3     | Intense (>50 wheals/24 h or large confluent areas of wheals) | Severe pruritus, which is sufficiently troublesome to interfere with normal daily activity or sleep |

Urticaria activity score (UAS)

Figure 1



Urticaria meter

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