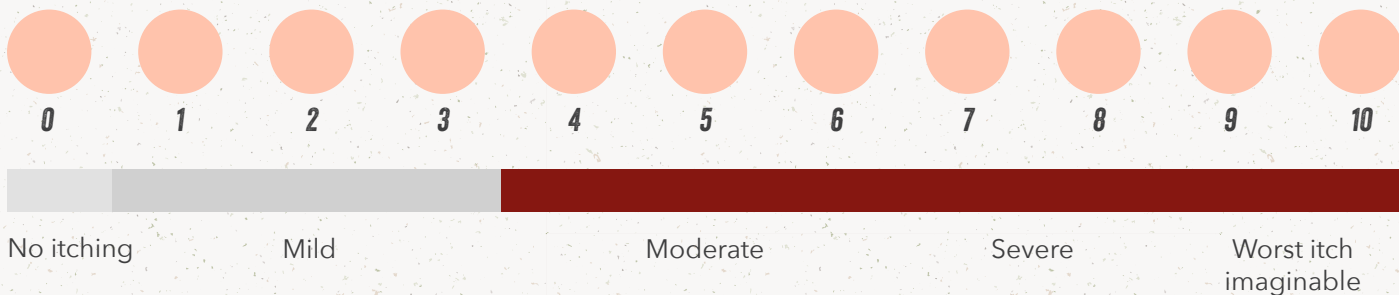


WORST ITCH INTENSITY – NUMERICAL RATING SCALE

THE WORST ITCH INTENSITY – NUMERICAL RATING SCALE (WI-NRS) ASSESSES ITCH INTENSITY.*^{1,2}

Please rate the worst itch you have felt in the previous 24 hours. Select one option:



Adapted from Phan *et al.* 2012.²

*WI-NRS is a validated 11-point scale ranging from 0-10 where 0 represents 'no itching' and 10 'worst itch imaginable'.^{1,2}

References:

1. Mathur VS, *et al.* *Clin J Am Soc Nephrol.* 2010. 5(8):1410-1419.
2. Phan NQ, *et al.* *Acta Derm Venereol.* 2012. 92(5):502-507.

SELF-ASSESSED DISEASE SEVERITY

SELF-ASSESSED DISEASE SEVERITY (SADS) ASSESSES THE IMPACT OF ITCH ON QUALITY OF LIFE.¹

SADS allows patients to categorise themselves into one of three 'types' depending on the severity of their symptoms and signs. This self-categorisation tool can predict intensity and chronicity of pruritus.¹

MILD:



- I do not generally have scratch marks on my skin
- I do not generally have a problem sleeping because of itching
- My itching does not generally make me feel agitated or sad

MODERATE:



- I sometimes have scratch marks on my skin
- I sometimes have problems sleeping because of itching
- My itching can sometimes make me feel agitated or sad

SEVERE:



- I often have scratch marks on my skin that may or may not bleed or get infected
- I often have a problem sleeping because of itching
- My itching often makes me feel agitated or sad

Adapted from Mathur *et al.* 2010.¹

References:

1. Mathur VS, *et al.* *Clin J Am Soc Nephrol.* 2010. 5(8):1410-1419.