

Patient-Oriented Eczema Measure (POEM)

Category: Dermatology | Items: 7 | Time: ~2-3 min

Description / When to Use

Atopic eczema severity over the past week

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 7 items in this scale. Estimated completion time: 2-3 min.

Scale Items

1. On how many days has your skin been ITCHY because of your eczema?
0 = No days | 1 = 1–2 days | 2 = 3–4 days | 3 = 5+ days | 4 = Every day
2. On how many nights has your sleep been disturbed because of your eczema?
0 = No nights | 1 = 1–2 nights | 2 = 3–4 nights | 3 = 5+ nights | 4 = Every night
3. On how many days has your skin been bleeding because of your eczema?
0 = No days | 1 = 1–2 days | 2 = 3–4 days | 3 = 5+ days | 4 = Every day
4. On how many days has your skin been weeping or oozing clear fluid because of your eczema?
0 = No days | 1 = 1–2 days | 2 = 3–4 days | 3 = 5+ days | 4 = Every day
5. On how many days has your skin been cracked because of your eczema?
0 = No days | 1 = 1–2 days | 2 = 3–4 days | 3 = 5+ days | 4 = Every day
6. On how many days has your skin been flaking off because of your eczema?
0 = No days | 1 = 1–2 days | 2 = 3–4 days | 3 = 5+ days | 4 = Every day
7. On how many days has your skin felt dry or rough because of your eczema?
0 = No days | 1 = 1–2 days | 2 = 3–4 days | 3 = 5+ days | 4 = Every day

Scoring Guide

Sum all 7 items. Total range 0-28.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0–2	Clear / almost clear	Eczema essentially controlled.
3–7	Mild eczema	Mild day-to-day impact.
8–16	Moderate eczema	Moderate symptoms; consider step-up.
17–24	Severe eczema	Severe symptoms; specialist input.
25–28	Very severe eczema	Extensive impact; systemic therapy may be needed.

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

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