UTILIZE CLINICALLY VALIDATED TOOLS TO RATE ITCH SEVERITY

The Clinician Scratch Scale (CSS) and Itch Reported Outcome (ItchRO) tool are 2 assessments designed to measure itch severity over time. By assigning scores to this common symptom, health care professionals, patients, and observers can have more meaningful, data-driven conversations.

Health care professionals use CSS

to score itch at each appointment[1]:

- Itch severity scores quantify the extent of scratching across the entire body based on a visual assessment of the patient

- Scores can be recorded in patients' records to track cholestatic pruritus from appointment to appointment

Patients and observers use ItchRO

to track itch severity every day[1]:

- Patients and observers keep an ongoing log of scores to discuss at each appointment

- Changes in ItchRO score of 1.0 or more have shown to be clinically meaningful

- The Itch✓™ app was developed using ItchRO

CSS   **Tracking Itch Together**   **ItchRO**

FOR HEALTH CARE PROFESSIONALS		FOR PATIENTS AND OBSERVERS
CSS to measure itch severity[1]	**Scores**	**ItchRO/Itch✓ to measure itch severity**[1]
None	0	None (not itchy at all)
Rubbing or mild scratching when undistracted	1	Mild itch (a little bit itchy)
Active scratching without abrasions	2	Moderate itch (somewhat/moderately itchy)
Abrasions	3	Severe itch (very itchy)
Cutaneous mutilation, hemorrhage, and scarring	4	Very severe itch (extremely itchy)

Please see the next page to help patients rate their itch. →

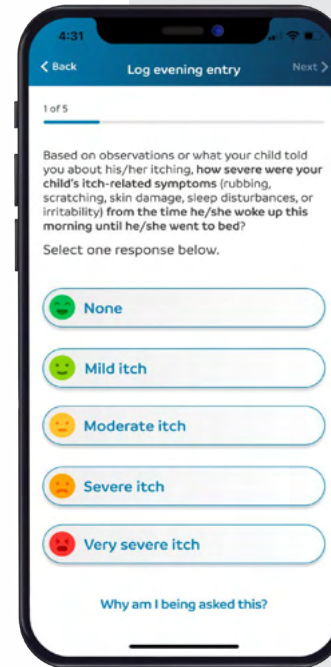# RATE THE ITCH

Use the Itch Reported Outcome (ItchRO) chart below to help patients and/or observers rate the itch.

How severe were itch-related symptoms (rubbing, scratching, skin damage, sleep disturbances, or irritability) from bedtime until waking up this morning?

0   None
(not itchy at all)

1   Mild itch
(a little bit itchy)

2   Moderate itch
(somewhat/moderately itchy)

3   Severe itch
(very itchy)

4   Very severe itch
(extremely itchy)

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Based on observations or what your child told you about his/her itching, **how severe were your child's itch-related symptoms (rubbing, scratching, skin damage, sleep disturbances, or irritability) from the time he/she woke up this morning until he/she went to bed?**

Select one response below.

- None
- Mild itch
- Moderate itch
- Severe itch
- Very severe itch

Why am I being asked this?

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itch✓™

A SIMPLE WAY TO RATE THE ITCH BETWEEN APPOINTMENTS

Keep track of changes in itch severity between appointments with the Itch✓ app. Download Itch✓ from the App Store®, or visit **www.ItchCheck.com** for a printable journal.

 Download on the App Store

Note: Itch✓ was developed using ItchRO.

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Reference: 1. Gonzales E, Hardikar W, Stormon M, et al. Efficacy and safety of maralixibat treatment in patients with Alagille syndrome and cholestatic pruritus (ICONIC): a randomised phase 2 study. *Lancet*. 2021;398(10311):1581-1592. doi:10.1016/S0140-6736(21)01256-3

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