



PRURITUS

## DEVELOPMENT OF THE PRURIMETER – AN INTEGRATE TOOL FOR USE IN PRURITUS-RELATED SKIN DISEASES

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**Background:** Chronic pruritus is a multidimensional and subjective symptom. Patients report individual pruritus intensity, quality, localization, duration, course, scratching behaviour, impact on quality of life, sleep-loss and psychosomata consequences. Assessment in daily practice is difficult but international harmonization is currently ongoing.

**Objective:** We aimed to develop an analogue training and education tool, called “PRURImeter”, for use in pruritus-related skin diseases. Primary aim was to support management of chronic pruritus in daily practice and to position itch as major treatment target in routine care. This should enhance use of guideline recommendations and thus, improve quality of care in pruritic skin diseases.

**Material and methods:** The most commonly used tools for self-report of itch intensity are the numerical rating scale (NRS) and visual analogue scale (VAS). Several new tools are under development or already validated such as the pruritus-specific quality-of-life questionnaire (ItchyQoL) and Patient Benefit Index for pruritus patients (PBI-P). The development of new robust assessment tools focusses on monitoring quantitative itch reduction, improvement of sleep time, regression of pruritus-related anxiety and depression. Knowledge of clinical classification and guidelines is important for differential diagnosis and helps in decision making for antipruritic therapy.

**Results:** Following current standard of national and international guidelines the final PRURImeter combines scales to measure and document therapeutic efficacy combining the following elements:

- Facts about pruritus
- Documentation guide
- Pruritus classification
- Numerical Rating Scale and categories according to pruritus severity
- Dynamic Pruritus Score
- Pictures of clinical stages (excoriations and chronic prurigo)





- Treatment schemes

The instrument can be downloaded via [www.prurimeter.com](http://www.prurimeter.com) in English and German.

Conclusion: The PRURImeter is a unique management tool for evaluating pruritus in practice, standardizing diagnostics and choosing treatment based on S2k guideline for chronic pruritus.

