

# LET'S TALK ITCHING

Tool to assess intensity of pruritus associated with CKD\* and its impact on the quality of life of haemodialysis patients.



INITIALS SURNAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

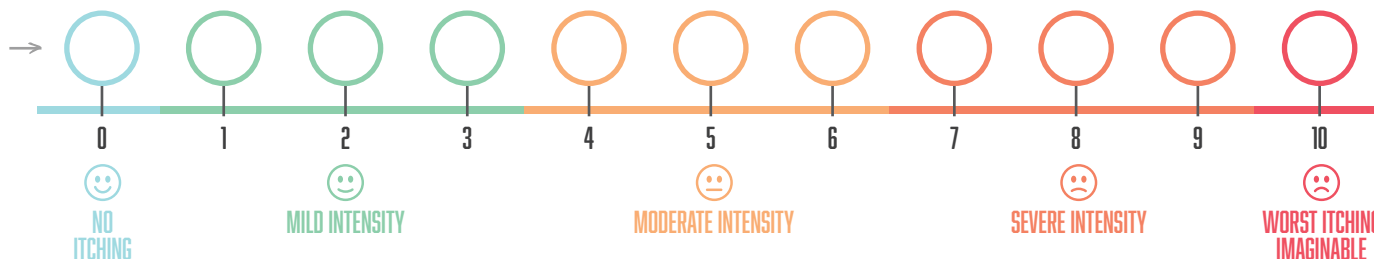


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## 1. DEGREE OF SEVERITY

On a scale from 0 (**no itching**) to 10 (**worst itching imaginable**), how severe was the **worst itching** you experienced in the past 24 hours?

Please tick [X] only 1 answer



The "Worst Itching Intensity Numerical Rating Scale" (WI-NRS)<sup>[1]</sup>.

\*CKD = Chronic Kidney Disease

## 2. IMPACT ON EVERYDAY LIFE

How long do you itch for each day?

- < 6 hrs
- 6–12 hrs
- 12–18 hrs
- 18–23 hrs
- All day long

Does your itching have an impact on your daily life?



**DISTURBED SLEEP**

- Never
- Rarely
- Quite often
- Always



**ISOLATION**

- Never
- Rarely
- Quite often
- Always



**DEPRESSION**

- Never
- Rarely
- Quite often
- Always



**DIFFICULTY WITH EVERYDAY TASKS**

- Never
- Rarely
- Quite often
- Always

Sheet to be given to the nephrologist, to adjust care.



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