

WHEN ASSESSING CHOLESTATIC PRURITUS...

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 appointment¹:

- 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 day¹:

- 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



FOR HEALTH CARE PROFESSIONALS

**CSS to measure
itch severity¹**

Scores

FOR PATIENTS AND OBSERVERS

**ItchRO/Itch✓ to
measure itch severity¹**

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. →

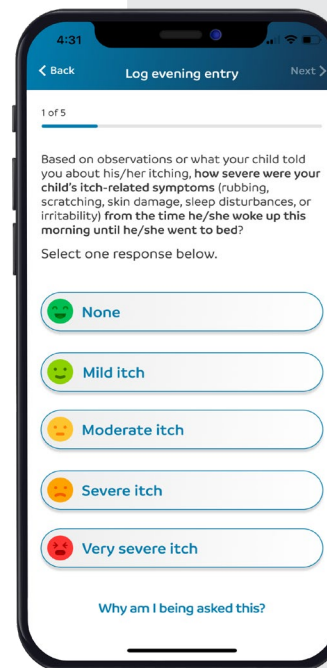
TOGETHER WITH PATIENTS AND OBSERVERS...

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) |



A SIMPLE WAY TO RATE THE ITCH BETWEEN APPOINTMENTS

Keep track of changes in itch severity between appointments with the Itch✓ app. Available in multiple languages, Itch✓ can be downloaded from the App Store® or Google Play. If you don't have an iPhone® or Android™ phone, download a printable journal from the [Support and Resources](#) page.



Note: Itch✓ was developed using ItchRO.

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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