

# POSAS Patient scale

The Patient and Observer Scar Assessment Scale v2.0 / EN

Date of examination:

Observer:

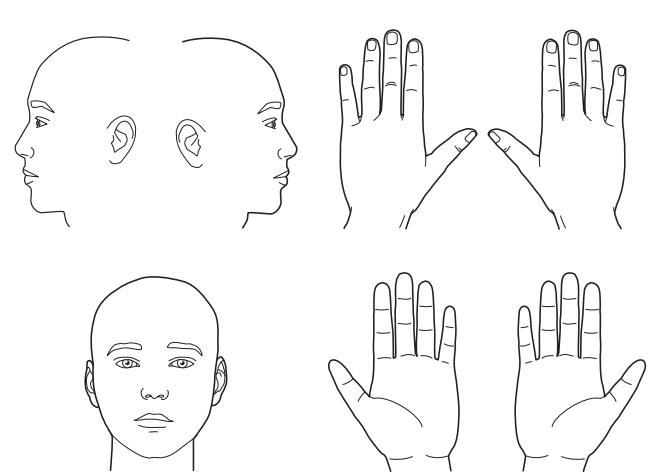
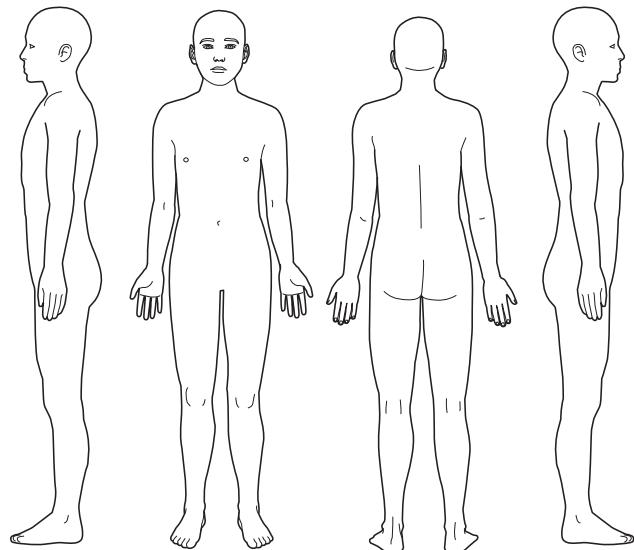
Location:

Research / study:

Name of patient:

Date of birth:

Identification number:



1 = no, not at all

yes, very much = 10

1 2 3 4 5 6 7 8 9 10

HAS THE SCAR BEEN PAINFUL THE PAST FEW WEEKS?

HAS THE SCAR BEEN ITCHING THE PAST FEW WEEKS?

IS THE SCAR COLOR DIFFERENT FROM THE COLOR OF YOUR NORMAL SKIN AT PRESENT?

IS THE STIFFNESS OF THE SCAR DIFFERENT FROM YOUR NORMAL SKIN AT PRESENT?

IS THE THICKNESS OF THE SCAR DIFFERENT FROM YOUR NORMAL SKIN AT PRESENT?

IS THE SCAR MORE IRREGULAR THAN YOUR NORMAL SKIN AT PRESENT?

1 = as normal skin

very different = 10

1 2 3 4 5 6 7 8 9 10

WHAT IS YOUR OVERALL OPINION OF THE SCAR COMPARED TO NORMAL SKIN?

## POSAS Observer scale

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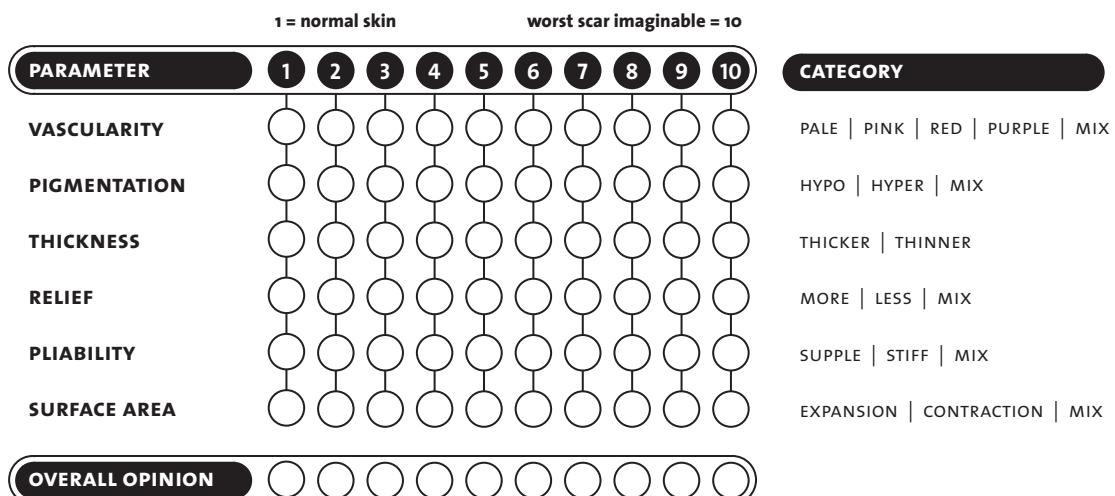
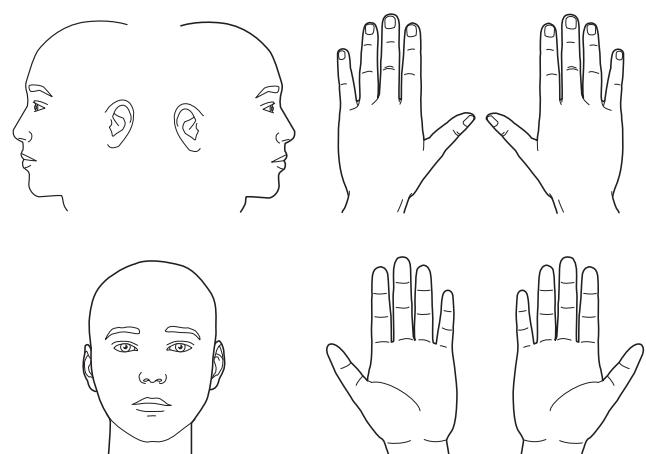
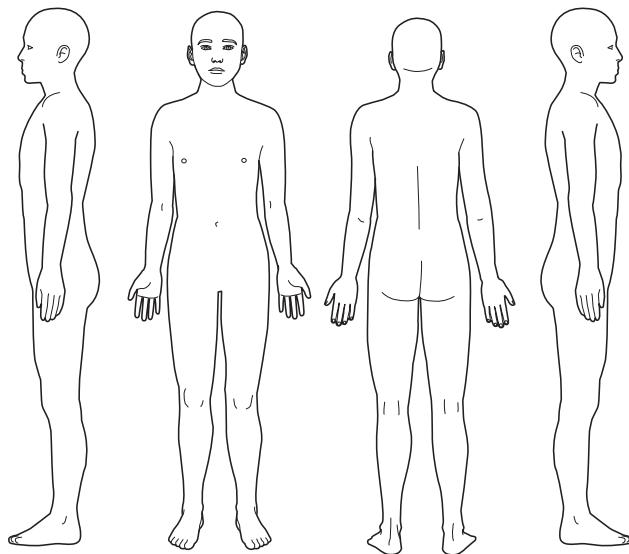
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## Explanation

The observer scale of the POSAS consists of six items (vascularity, pigmentation, thickness, relief, pliability and surface area). All items are scored on a scale ranging from 1 ('like normal skin') to 10 ('worst scar imaginable'). The sum of the six items results in a total score of the POSAS observer scale. Categories boxes are added for each item. Furthermore, an overall opinion is scored on a scale ranging from 1 to 10. All parameters should preferably be compared to normal skin on a comparable anatomic location.

### **Explanatory notes on the items:**

- **VASCULARITY** Presence of vessels in scar tissue assessed by the amount of redness, tested by the amount of blood return after blanching with a piece of Plexiglas
  - **PIGMENTATION** Brownish coloration of the scar by pigment (melanin); apply Plexiglas to the skin with moderate pressure to eliminate the effect of vascularity
  - **THICKNESS** Average distance between the subcutical-dermal border and the epidermal surface of the scar
  - **RELIEF** The extent to which surface irregularities are present (preferably compared with adjacent normal skin)
  - **PLIABILITY** Suppleness of the scar tested by wrinkling the scar between the thumb and index finger
  - **SURFACE AREA** Surface area of the scar in relation to the original wound area