

Modified Truelove and Witts severity index

Truelove and Witts index is a widely accepted disease severity scoring system simple enough to be used in clinical practice and also objective enough to be of value in clinical decision making, e.g. evaluating acutely severe cases regarding the need for surgery. The index was first published in 1955. An evidence-based update by ECCO was published 2008 with some simple laboratory variables added. This index is widely used by the Nordic gastroenterologists.

	Mild	Moderately severe	Severe
Number of bloody stools per day	< 4	≥ 4 <i>if</i>	≥ 6 <i>and</i>
Pulse frequency	< 90 bpm	≤ 90 bpm	> 90 bpm <i>or</i>
Temperature	< 37.5° C	≤ 37.8° C	> 37.8° C <i>or</i>
Haemoglobin	> 115 g/L	≥ 105 g/L	< 105 g/L <i>or</i>
SR	< 20 mm	≤ 30 mm	> 30 mm <i>or</i>
or CRP	Normal	≤ 30 mg/L	> 30 mg/L

References: Truelove SC, Witts LJ. Cortisone in ulcerative colitis. Br Med J 1955; 2: 1041–1048. Stange EF, et al. European evidence-based consensus on the diagnosis and management of ulcerative colitis: definitions and diagnosis. Journal of Crohn's and Colitis 2008;2:1–23.