

Simple clinical colitis activity index

The aim with the simple clinical colitis activity index is to be easily calculated by any physician at an outpatient consultation and should not require physical examination, sigmoidoscopic evaluation, or laboratory indices. It can support decision making regarding changes in treatment and in identifying patients requiring more detailed assessment. Remission was later defined by Higgins and co-workers as below or equal to 2.5 points.

Bowel frequency (day)

1-3	0
4-6	1
7-9	2
>9	3

Bowel frequency (night)

1-3	1
4-6	2

Urgency of defecation

Hurry	1
Immediately	2
Incontinence	3

Blood in stool

Trace	1
Occasionally frank	2
Usually frank	3

General well being

Very well	0
Slightly below par	1
Poor	2
Very poor	3
Terrible	4

Extracolonic features 1 per manifestation

References: Walmsley RS, Ayres RCS, Pounder RE et al. A simple clinical colitis activity index. Gut 1998;43:29-32. Higgins PD, Schwartz M, Mapili et al. Patient defined dichotomous end points for remission and clinical improvement in ulcerative colitis. Gut 2005;54:782-788.