

The Rheumatology Centre four step risk score- based on BSR guidance (following page)

Rheumatology 4 STEP RISK SCORE: Add the scores from the following 4 steps			
Step 1	Step 2	Step 3	Step 4
Do you take any of the following treatments?	Do you take Prednisolone (steroids)?	Do you take a biologic treatment?	Do you have other problems that put you at high risk?
<i>Add 1 point for each of this list (up to 2 points)</i> Methotrexate Leflunomide Azathioprine Mycophenolate Ciclosporin Tacrolimus Sirolimus <i>and</i> Add 3 points for cyclophosphamide in the last 3 months (IV or oral)	Add points for any of the following Prednisolone 5mg -19mg daily- 2 points Prednisolone >20mg day (20mg or more) -3 points	Add 1 point for any of the following: abatacept (Orencia), adalimumab (Humira / Hymiroz), anakinra (Kineret), baricitinib (Olumiant), belimumab (Benlysta), certolizumab (Cimzia), etanercept (Enbrel/ Erelzi), golimumab (Simponi), infliximab (Remicade/ Remsima), ixekizumab (Taltz), rituximab (Mabthera / Truxima), sarilumab (Kevzara), secukinumab (Cosentyx), tocilizumab (RoActemra), tofacitinib (Xeljanz), ustekinumab (Stelara), canakinumab	Add 1 point for any of the of the following Age >70 chronic (long-term) respiratory diseases chronic heart disease chronic kidney disease chronic liver disease Chronic neurological conditions Diabetes Spleen Problems HIV and AID being seriously overweight (BMI >40) Being pregnant *If you have 'pulmonary hypertension' - you score three points*
Score 0-3	Score 0-3	Score 0-1	Score 0-1*
Add your scores from steps 1-4			
You scored 0		You are at normal risk- follow standard government advice	
You scored 1-2		You are at moderate risk- follow enhanced social distancing advice	
You scored 3 or more		You are high risk- Follow Shielding advice	

Note- this does not include conditions which 'on their own put you at very high risk e.g. cancer patients, dialysis patients. Other factors, such as interstitial lung disease, myositis, or other health problems. If you have multiple problems from step 4, consider discussion with you doctor or nurse.

*the original BSR score would only allow a maximum score of '2' from the drugs listed as '1 point' in step 1, and the drugs listed in step 2. It would be unusual to have a combination of three of these drugs, and that combination we feel clinically would constitute high risk (e.g. mycophenolate, methotrexate, etanercept) so we have used the scoring above. The BSR scoring follows on the following page

BSR Risk Score, 24.3.20



Risk stratification of patients with autoimmune rheumatic diseases

To be used in conjunction with BSR guidance published 22 March 2020

KEY

Score of 3 or more: patients to shield

Score of 2: patients to self-isolate or maintain social distance at their discretion

Score of 1 or less: patients to maintain social distance

Risk factor	Score
Corticosteroid dose of ≥ 20 mg (0.5mg/kg) prednisolone (or equivalent) per day for more than four weeks	3
Corticosteroid dose of ≥ 5 mg prednisolone but < 20 mg (or equivalent) per day for more than four weeks	2
Cyclophosphamide at any dose orally or IV within last six months	3
One immunosuppressive medication*, biologic/monoclonal** or small molecule immunosuppressant***	1
Two or more immunosuppressive medication*, biologic/monoclonal** or small molecule immunosuppressant***	2
Any one or more of these: age > 70 , Diabetes Mellitus, pre-existing lung disease, renal impairment, history of ischaemic heart disease or hypertension	1
Hydroxychloroquine, Sulfasalazine alone or in combination	0

* Immunosuppressive medications include: Azathioprine, Leflunomide, Methotrexate, Mycophenolate (mycophenolate mofetil or mycophenolic acid), ciclosporin, Tacrolimus, Sirolimus. It does NOT include Hydroxychloroquine or Sulphasalazine, either alone or in combination.

** Biologic/monoclonal includes: Rituximab within last 12 months; all anti-TNF drugs (etanercept, adalimumab, infliximab, golimumab, certolizumab and biosimilar variants of all of these); Tocilizumab; Abatacept; Belimumab; Anakinra; Seukinumab; Ixekizumab; Ustekinumab; Sarilumumab; Canakinumab

*** Small molecules includes: all JAK inhibitors – baracitinib, tofacitinib etc

**** Co-morbidity includes: age > 70 , Diabetes Mellitus, any pre-existing lung disease, renal impairment, any history of Ischaemic Heart Disease or hypertension. Patients who have rheumatoid arthritis (RA) or CTD-related interstitial lung disease (ILD) are at additional risk and may need to be placed in the shielding category. All patients with pulmonary hypertension are placed in the shielding category.

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