

## Inflammatory Bowel Disease (Ulcerative colitis, UC and Crohn's disease, CD)

Truelove & Witts' scoring tool:

	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
Bowel movements (number per day)	Fewer than 4	4-6	6 or more plus at least 1 of the features of systemic upset (marked with * below)
Blood in stools	No more than small amounts of blood	Between mild and severe	Visible blood
Pyrexia (temperature greater than 37.8°C) *	No	No	Yes
Pulse rate greater than 90 bpm*	No	No	Yes
Anaemia*	No	No	Yes
Erythrocyte sedimentation rate (mm/hour)*	30 or below	30 or below	Above 30

Reference: <https://www.nice.org.uk/guidance/ng130/chapter/Recommendations>

This chart is used within BSUH IBD guidance, available on:

[Microguide >>Medicine Specialties >> Gastroenterology >>](#)

### Guidance Information

Lead Author (s): **Fiona Rees, Archana Parmar, Anja St Clair Jones, Emma Hills & Dr M Smith (BSUH IBD Team)**

Approved: **August 2020**  
Review date: **August 2022**  
Comments or contributions - contact [bsuh.microguide@nhs.net](mailto:bsuh.microguide@nhs.net)