SOCIAL DISTANCING FOR RHEUMATOLOGY PATIENTS ON IMMUNOSUPPRESSANTS AND STEROIDS

Can you answer yes to ANY of the following?

- Are you over 70 years old?
- Have you had one of the following: diabetes, lung disease, kidney disease, angina, heart attack or heart failure, or need tablets for your blood pressure?
- This includes involvement of your lungs, heart or kidneys from your rheumatic disease.
- Have you needed extra treatment for a flare in the last 3 months?
- Do you get recurrent infections?

START HERE

Do you take ANY of the medicines in the blue box OR prednisolone? (If NO – this guidance does not apply to you: follow STANDARD SOCIAL DISTANCING)

Yes

Do you take 20mg or more of prednisolone a day and have done for the last 4 weeks? OR One medicine in the blue box AND 5mg or more of prednisolone for the last 4 weeks OR Have you received a drug called cyclophosphamide within the last 6 months? OR Pulmonary Hypertension

No

How many of the medicines in the blue box do you take?

Yes

Two OR Prednisolone 5 – 20mg

No

One

None

SHIELDING (the strictest) www.gov.uk/coronavirus

STRICT SOCIAL DISTANCING (standard plus minimising contact, no outside work, shopping or exercise)

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DO YOU TAKE ANY OF THE MEDICINES IN THE BLUE BOX OR PREDNISOLONE? (IF NO – THIS GUIDANCE DOES NOT APPLY TO YOU: FOLLOW STANDARD SOCIAL DISTANCING)

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BLUE BOX: What are immunosuppressants?

Conventional immunosuppressant medications include: azathioprine, leflunomide, methotrexate, mycophenolate (mycophenolate mofetil or mycophenolic acid), ciclosporin, cyclophosphamide, tacrolimus, sirolimus.

Biologic and targeted synthetic medications include: rituximab (within the last 12 months); or anti-TNF drugs (etanercept, adalimumab, infliximab, golimumab, certolizumab); tocilizumab; abatacept; belimumab; anakinra; secukinumab; ixekizumab; ustekinumab; sarilumumab; canakinumab, apremilast, baricitinib, tofacitinib, or any biologic biosimilars.

Based on guidelines from British Society for Rheumatology and related medical associations. Agreed by Consultant Rheumatologists 26 March 2020