

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.