crohn's colitis

Name of Clinical Care Pathway

Therapy Decision Tree—Ulcerative Colitis

Objective

Provide direction regarding choice of therapy for patients with ulcerative colitis

Patient Population

Adult patients (≥18 years) with a known diagnosis of ulcerative colitis

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PACE Inflammatory Bowel Disease Clinical Care Pathways

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Highlight Box

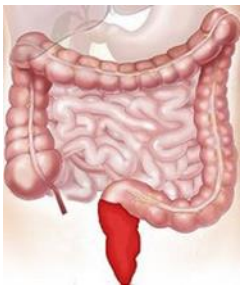
New therapies are constantly being developed and should be considered.

These clinical decision support tools were developed by Canadian experts in IBD, based on their interpretation of current evidence and considerations specific to Canadian healthcare. International guidelines from Europe and the United States are available. However, these may reflect regional factors not directly applicable in Canada.

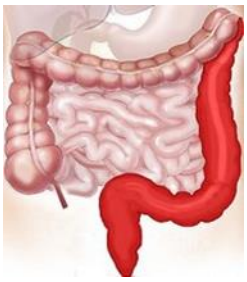
Introduction

Ulcerative colitis (UC) is a chronic inflammatory condition of the large intestine limited to the mucosal layer of the colon extending proximally from the rectum, to varying extent. UC is diagnosed based on a combination of clinical presentation, endoscopic findings, and histological features indicating chronic inflammation. It is important to define the extent and severity of inflammation to guide the selection of appropriate treatment and predict prognosis.

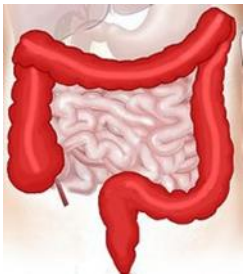
Montreal classification of UC based on disease extent is classified as follows:



Ulcerative proctitis



Left-sided colitis



Extensive colitis/Pancolitis

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Partial Mayo scoring system for ulcerative colitis disease activity

Parameter	Clinical evaluation (single choice)	Score
Stools frequency (per day)	Normal number of stools	0
	1-2 more than normal	1
	3-4 more than normal	2
	≥5 more than normal	3
Rectal bleeding (indicate the most severe bleeding of the day)	No blood seen	0
	Streaks of blood with stool less than half the time	1
	Obvious blood with stool most of the time	2
	Blood alone passed	3
Physician's global assessment	Normal	0
	Mild	1
	Moderate	2
	Severe disease	3

Score	Interpretation
0-1	Remission
2-4	Mild activity
5-6	Moderate activity
≥7	Severe activity

Definitions, suggested diagnostic work-up and goal of therapy:

- Corticosteroid refractory UC: If there is no clinical response to oral prednisone (40 to 60 mg or equivalent) within 30 days.
- Corticosteroid dependent UC: If corticosteroids cannot be tapered within 3 months of starting without disease recurrence or if relapse occurs within three months of stopping corticosteroids.
- Laboratory investigation includes Complete blood count, liver biochemical tests, albumin, iron studies and C-reactive protein.
- Stool studies include *Clostridium difficile*, routine stool cultures, and fecal calprotectin (FCP).
- If the patient recently travelled to a parasitic infection endemic region, consider ova and parasites.
- Endoscopy (flexible sigmoidoscopy or colonoscopy) if needed for change in therapy.
- Goal of therapy: To achieve clinical and endoscopic remission.

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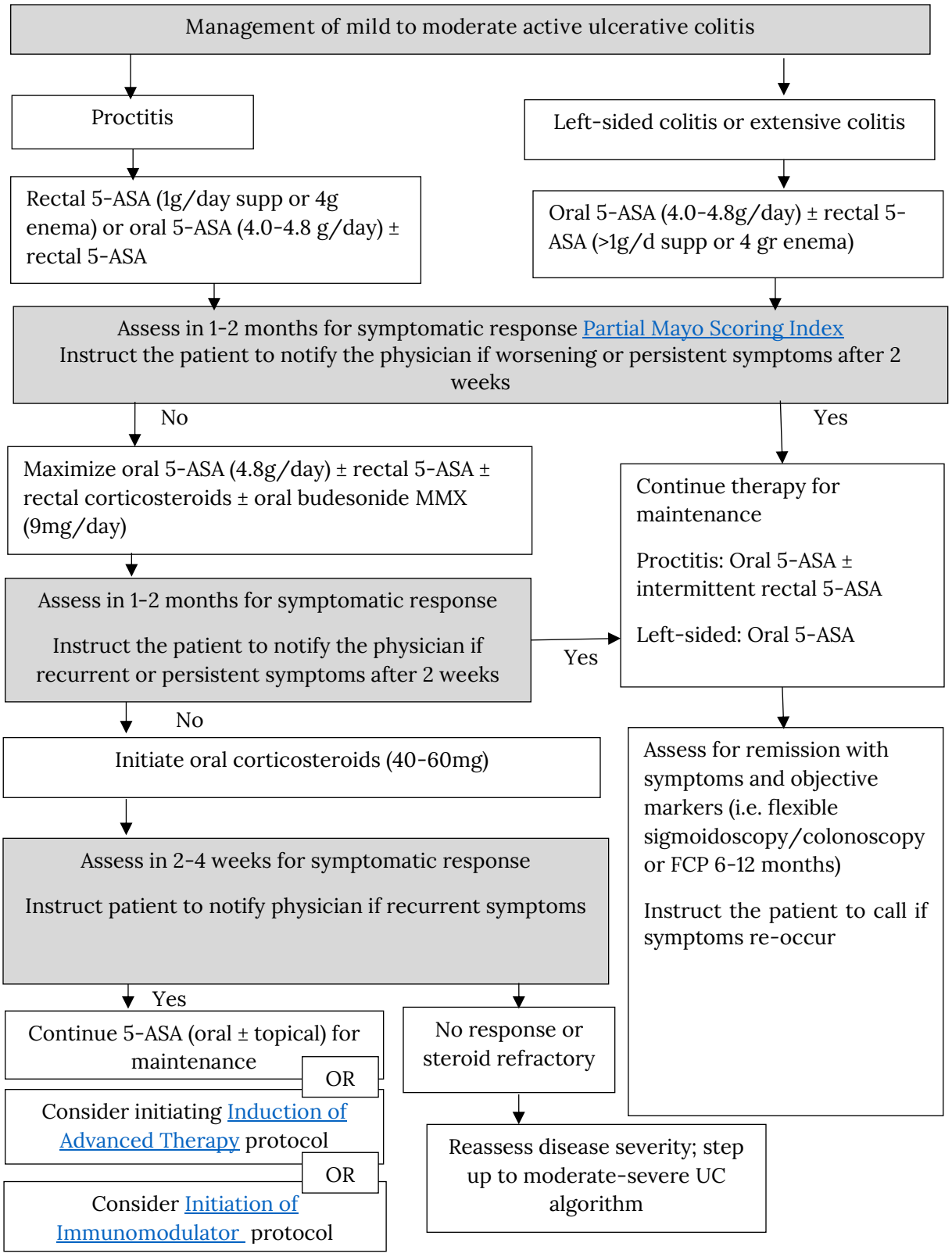
The following algorithms are best practice clinical pathways for therapy decisions for patients with UC:



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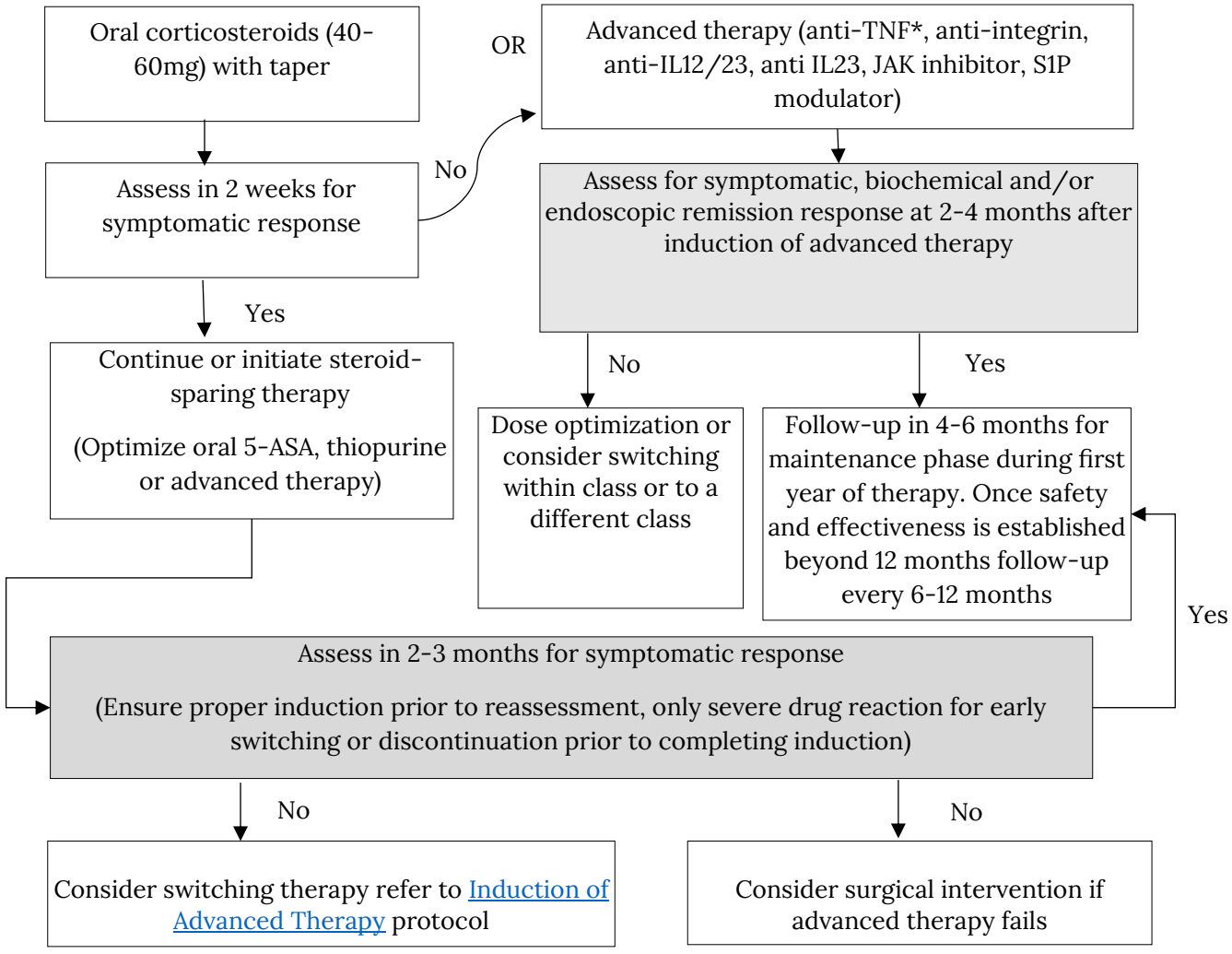
Management of non-hospitalized moderate to severe active ulcerative colitis

Consider the following when choosing an advanced therapy (shared decision-making):

- Patient preference and characteristics (e.g., age, comorbidities, potential pregnancy)
- Risk of adverse events (e.g., infection, malignancy)
- Other medications being used, prior therapy for UC
- Accessibility to an infusion center
- Patient adherence
- Pre-biologic workup



* Anti-TNF ± thiopurine is recommended to reduce antibody formation

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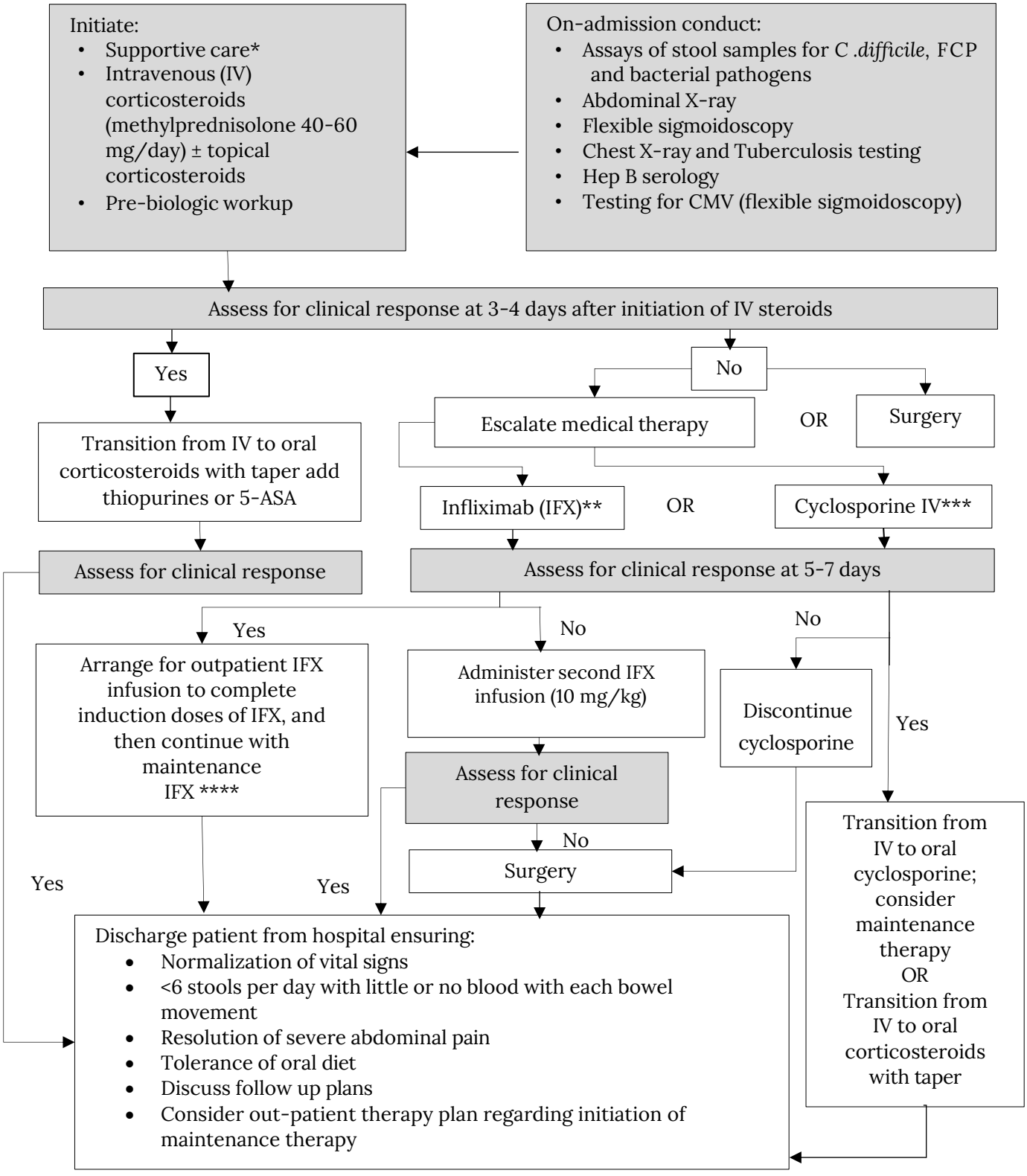
Management of hospitalized acute severe ulcerative colitis



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* Monitoring vital signs, stool output, intravenous fluid, electrolyte replacement, venous thromboembolism prophylaxis and nutritional support **The threshold for escalating therapy in time and/or dose should be low, especially in sick patients with low albumin.
*** Not commonly used in Canada ****IFX should be administered as combination therapy for at least 6 months on discharge

Other Resources

Inflammatory Bowel Disease: Drug Comparison chart (log-in required)

UpToDate® — Patient education: Ulcerative colitis (Beyond the Basics) (free access) https://www.uptodate.com/contents/ulcerative-colitis-beyond-the-basics?topicRef=2004&source=see_link

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