

To all RNHRD Rheumatology Patients

As part of our response to the Coronavirus pandemic we are trying to assist our patients to help them identify whether they are high, medium or low risk and what measures they should take to protect themselves. This is in line with recent guidance from Public Health England (PHE) and the British Society of Rheumatology (BSR).

Appendix 1 (found below) is a scoring sheet adapted from the BSR guidance. Please look at all the risk factors and the corresponding score. Add the scores associated with the risk factors that apply to you and follow the advice below.

High Risk (score 3 or more): Shield yourself (currently for 12 weeks but follow further Public Health England advice as the situation develops).

Moderate Risk (score 2): Isolate for the lockdown period enforced by Public Health England (currently 3 weeks); then to self-isolate or observe strict social distancing measures at your discretion.

Low Risk (score 1 or less): isolate for the lockdown period enforced by Public Health England (currently 3 weeks); then observe strict social distancing measures.

Please be aware that this advice is published as of 25<sup>th</sup> March 2020. Please continue to follow updated Public Health England advice that may supersede this document. Further information can be found at: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus).

Further information on shielding and protecting vulnerable people including further support that is available can be found by clicking on the following link:  
<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>



More information can also be found on the British Society for Rheumatology website ([www.rheumatology.org.uk](http://www.rheumatology.org.uk)) or on the Versus Arthritis website ([www.versusarthritis.org](http://www.versusarthritis.org))

We are working hard to keep our patients safe through these challenging times. If you are still unsure as to what actions to take to protect yourself you can still contact us on the Patient Rheumatology Advice Line on 01225 428823.

Yours Sincerely,

The Rheumatology team  
Royal National Hospital for Rheumatic Diseases  
Royal United Hospitals Bath NHSFT

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# Appendix 1

**Risk stratification of patients with autoimmune rheumatic diseases** (adapted for patient information from BSR guidance published 22<sup>nd</sup>-24<sup>th</sup> March 2020).

Risk Factor	Score
Prednisolone dose equal to or greater than 20mg a day for more than 4 weeks	3
Prednisolone dose 5mg or more (but less than 20mg) a day for more than 4 weeks	2
Cyclophosphamide (oral or intravenous) within the last 6 months	3
One medication from the lists below: immunosuppressive medication*, biologic/monoclonal** or small molecule immunosuppressant***	1
Two or more medications from the lists below: immunosuppressive medication*, biologic/monoclonal** or small molecule immunosuppressant***	2
Any one or more of the following****: age >70 Diabetes Lung disease Kidney impairment Ischaemic heart disease High blood pressure	1
Hydroxychloroquine, sulfasalazine (alone or in combination)	0

\*Immunosuppressive medications include: Azathioprine, Leflunomide, Methotrexate, Mycophenolate (Mycophenolate Mofetil or Mycopholic Acid), Ciclosporin, Tacrolimus, Sirolimus. It dos **NOT** include Hydroxychloroquine or Sulfasalazine, either alone or in combination.

\*\* Biologic/monoclonal medication include: Rituximab (within the last 12 months); all anti-TNF drugs – Etanercept (Enbrel/Benepali), Adalimumab (Humira/Imraldi/Amgivita), Infliximab (Remsima/Remicade), Golimumab (Simponi), Certolizumab (Cimzia); Tocilizumab; Abatacept; Belimumab; Anakinra; Secukinumab; Ixekizumab; Ustekinumab; Sarilumumab; Canakinumab.

\*\*\* Small molecule medications include: JAK inhibitors (Baracitinib and Tofacitinib).

\*\*\*\* Patients with lung disease related to their rheumatological condition or who have pulmonary hypertension are at higher risk and should shield.