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Summary

CRP/ALBUMIN RATIO IN PREDICTING EARLY RESPONSE TO STEROIDS IN ACUTE SEVERE ULCERATIVE COLITIS

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In this retrospective study of 81 hospitalized acute severe ulcerative colitis patients, the CRP-to-albumin ratio on day 3 predicted steroid refractoriness with 80% sensitivity and 91% specificity at a cutoff of 2.67.

KEY POINTS

- Among 81 patients admitted with acute severe ulcerative colitis and treated with intravenous corticosteroids, 81.5% responded to steroids, 10% required rescue infliximab, and 8.6% required colectomy.
- Baseline laboratory markers including CRP, CRP/albumin ratio, stool frequency, and Lichtiger index did not significantly differ between steroid-responsive and steroid-refractory groups, though baseline albumin was lower in the refractory group.
- Day 3 CRP/albumin ratio outperformed day 3 CRP or albumin alone in predicting steroid response, with an area under the curve of 0.911, and an optimal cutoff of 2.67 achieved 80% sensitivity and 91% specificity.
- The authors suggest that early introduction of rescue infliximab may be more effective in patients with predicted steroid nonresponse identified by day 3 markers, before serum albumin falls profoundly.
- This material is most relevant to gastroenterologists managing hospitalized patients with acute severe ulcerative colitis who seek early predictors of corticosteroid failure.

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