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Summary

REAL WORLD VALIDATION OF A PROGNOSTIC CLINICAL INDEX TO PREDICT STEROID RESPONSE IN ACUTE SEVERE COLITIS: A SINGLE TERTIARY CENTER RETROSPECTIVE STUDY

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A Belgian tertiary center retrospective study of 84 acute severe ulcerative colitis admissions validated the ADMIT-ASC index, finding that a score of 3 or higher predicted steroid failure with 75% accuracy and an odds ratio of 5.08.

KEY POINTS

- Among 84 patients admitted with acute severe colitis and treated with intravenous corticosteroids for at least three days, 58% responded to steroids while 39% required medical rescue therapy and 13% underwent colectomy during admission.
- Admission CRP, albumin, and UCEIS scores were significantly associated with steroid non-response, with p-values of 0.036, 0.026, and 0.022 respectively.
- The ADMIT-ASC index showed a gradient of steroid response rates: 90% for score 0, 75% for score 1, 55% for score 2, 19% for score 3, and 0% for score 4.
- An ADMIT-ASC score of 3 or higher was 75% predictive of steroid failure with a 95% confidence interval of 0.43 to 0.95 and odds ratio of 5.08.
- The authors concluded that ADMIT-ASC can be used on admission day to identify patients unlikely to respond to intravenous corticosteroids, potentially enabling earlier treatment escalation or surgical planning.

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