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Summary

INTESTINAL ULTRASOUND – COLITIS SEVERITY INDEX (IUS-CSI): VALIDATION OF AN INTESTINAL ULTRASOUND-BASED SCORE FOR ASSESSING DISEASE ACTIVITY IN ULCERATIVE COLITIS

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Internal validation study demonstrates strong correlation between a novel intestinal ultrasound scoring system (IUS-CSI) and the Mayo endoscopic score for assessing ulcerative colitis disease activity across colonic segments.

KEY POINTS

- The IUS-CSI scoring system uses three ultrasound parameters: bowel wall thickness, colour Doppler signal score, and bowel wall stratification to assess disease activity in ulcerative colitis.
- In 42 patients with 168 colonic segments evaluated, bowel wall thickness and colour Doppler signal showed consistent correlation with Mayo endoscopic score ($p<0.001$), with mean bowel wall thickness increasing from 2.1mm for MES 0 to 5.1mm for MES 3.
- Linear positive correlations between IUS-CSI and MES ranged from $r=0.79$ to $r=0.89$ across different colonic segments, with sigmoid colon showing the strongest correlation with overall endoscopic activity ($r=0.83$, $p=0.0001$).
- The authors conclude that IUS-CSI can be used to assess ulcerative colitis disease activity non-invasively, though three patients could not be evaluated due to thick abdominal wall.

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