



Programme: MPPP

# Inflammatory Bowel Disease (IBD) Pathway



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## Background



Inflammatory Bowel Disease (IBD) is a group of inflammatory conditions of the colon and small intestine. This pathway sets out a process of best practice to be followed in the treatment of patients suspected of having IBD.

## Pathway recommendations



### Guidance for Primary Care

#### Symptoms (Please indicate where absent or present in the referral to secondary care)

- Change in bowel habit towards diarrhoea
- Rectal bleeding or mucus
- Bloody diarrhoea
- Abdominal pain
- Nocturnal defecation
- Weight loss (>5%) of body weight)
- Bowel Urgency
- High Stool Frequency
- Incontinence

### Clinical History

- Smoking and alcohol history
- Current weight and last recorded weight
- Relevant family history
- Recent changes in medicine
- Travel history
- Previous abdominal surgery

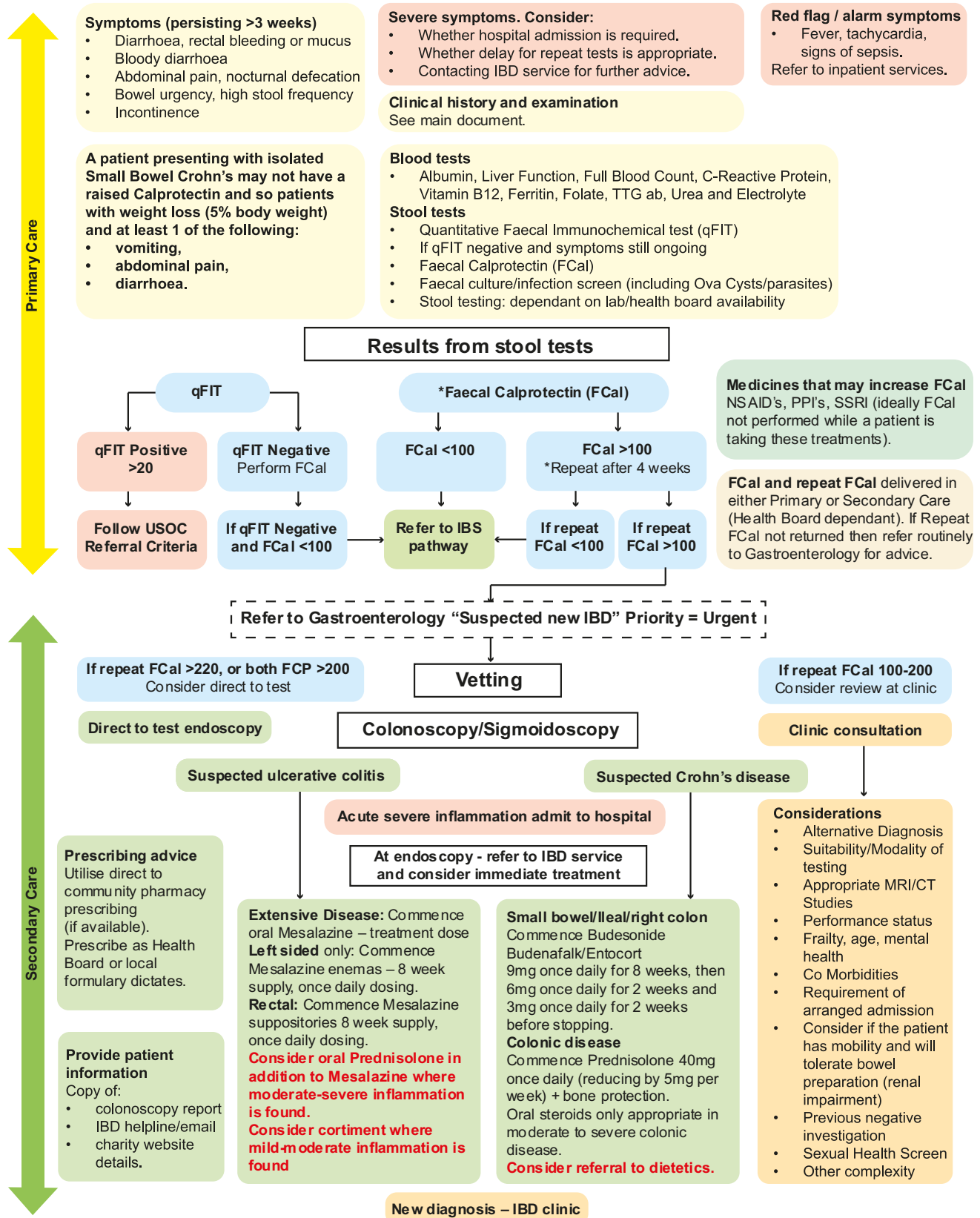
### Physical Examination

- General: Extra-Intestinal Manifestations - oral ulcers, skin rash, joint pain, uveitis
- Abdominal: Pain – localised versus generalised, scars
- Perineum: Digital Rectal Examination, evidence of fissures, fistula, haemorrhoids

If bowel cancer suspected, refer to local Health Board Urgent Suspicion of Cancer (USOC) guidelines.

## NHS Scotland suspected new diagnosis of IBD pathway

This pathway is intended to be used for primary and secondary care health care professionals who are concerned that a patient may have a yet undiagnosed inflammatory bowel disease.  
 This pathway is not suitable for patients where malignancy is suspected or those with fulminant symptoms.  
 For patients meeting the criteria for urgent suspected cancer, please refer to those pathways.



## Endoscopy Scoring (IBD Severity) Notes for Endoscopists

Please see below two scoring methods to help determine severity of disease and inform decisions around treatment choice.

### Ulcerative Colitis

Mayo Sub Score - The Mayo Endoscopic Subscore (a component of the Mayo Clinic Score), is a four-point scoring system in which patients with normal or inactive, mild, moderate or severe disease are given scores of 0, 1, 2 or 3, respectively

Score	Disease activity	Endoscopic features
0	Normal or inactive	None
1	Mild	Erythema, decreased vascular pattern, mild friability
2	Moderate	Marker erythema, absent vascular pattern, friability, erosions
3	Severe	Spontaneous bleeding, ulceration

### Crohns Disease

The Simple Endoscopic Score for Crohn Disease (SES-CD) assesses the size of mucosal ulcers, the ulcerated surface, the endoscopic extension, and the presence of stenosis.

	SES-CD Score Key			
	0	1	2	3
<b>Size of Ulcers</b>	None	Aphthous Ulcers 0-5mm	Large Ulcers 5-20mm	Very Large Ulcers>20mm
<b>Ulcerated Surface</b>	None	<10%	10-30%	>30%
<b>Affected Surface</b>	Unaffected Segment	<50%	50-75%	>75%
<b>Narrowing</b>	None	Single Stricture, can be passed	Multiple Strictures, can be passed	Stricture(s) cannot be passed

**SES-CD Segmental Score**

	<b>Rectum</b>	<b>Sigmoid &amp; Left Colon</b>	<b>Transverse Colon</b>	<b>Right Colon</b>	<b>Terminal Ileum</b>	<b>Total</b>	
<b>Size of Ulcers</b>							Total 1
<b>Ulcerated Surface</b>							Total 2
<b>Affected Surface</b>							Total 3
<b>Narrowing</b>							Total 4
							SES-CD Score

### Patient Resources

[Inflammatory bowel disease \(IBD\) | NHS inform](#)

[Understanding Crohn's Disease, Ulcerative Colitis and Microscopic Colitis \(crohnsandcolitis.org.uk\)](#)

[What is IBD? | Crohn's & Colitis Foundation \(crohnscolitisfoundation.org\)](#)

### References

Royal College of General Practitioners IBD toolkit [Course: Inflammatory Bowel Disease Toolkit \(rcgp.org.uk\)](#)

British Society of Gastroenterology IBD Consensus Guidelines [British Society of Gastroenterology consensus guidelines on the management of inflammatory bowel disease in adults | Gut \(bmj.com\)](#)

European Chron's and Colitis Organisation IBD Guidelines: [European Crohn's and Colitis Organisation - ECCO - Published ECCO Guidelines \(ecco-ibd.eu\)](#)

Royal College of General Practitioners [Diagnosing IBD.pdf \(rcgp.org.uk\)](#)

[Direct to Test Colonoscopy for IBD](#) Walker, G.J., Lin, S., Chanchlani, N., Thomas, A., Hendy, P., Heerasing, N., Moore, L., Green, H.D., Chee, D., Bewshea, C. and Mays, J., 2020. Quality improvement project identifies factors associated with delay in IBD diagnosis. *Alimentary Pharmacology & Therapeutics*, 52(3), pp.471-480.

[IBD Standards](#) Kapasi, R., Glatter, J., Lamb, C.A., Acheson, A.G., Andrews, C., Arnott, I.D., Barrett, K.J., Bell, G., Bhatnagar, G., Bloom, S. and Brookes, M.J., 2020. Consensus standards of healthcare for adults and children with inflammatory bowel disease in the UK. *Frontline Gastroenterology*, 11(3), pp.178-187.

[Truelove & Witts Criteria](#) Travis, S.P., Farrant, J.M., Ricketts, C., Nolan, D.J., Mortensen, N.M., Kettlewell, M.G. and Jewell, D.P., 1996. Predicting outcome in severe ulcerative colitis. *Gut*, 38(6), pp.905-910.

[York FCP Testing](#)

[Lower GI Primary Care Diagnostic Pathway \(Adults\) \(crohnsandcolitis.org.uk\)](#)



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