

# Modified Harvey Bradshaw Index Assessment for Crohn's Disease Activity

Patient, please complete Questions 1, 2 & 3.

Base your answers on how you felt yesterday.

Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

PHN/ULI: \_\_\_\_\_

## 1. General well being (see descriptors)

- Very well = 0
- Slightly below par = 1
- Poor = 2
- Very Poor = 3
- Terrible = 4

Write score selected on the left

## 2. Abdominal pain (see descriptors)

- None = 0
- Mild = 1
- Moderate = 2
- Severe = 3

Write score selected on the left

## 3. Number of Liquid or Soft Stools Yesterday

Write number

Physician, please complete Questions 4

## 4. Additional Manifestations

- Arthralgia
- Uveitis
- Erythema Nodosum
- Aphthous ulcer
- Pyoderma gangrenosum
- Anal Fissure
- New Fistula
- Abscess

+1 per manifestation

Total HBI Score:

Sum of all boxes above

Remission <5

Mild Disease = 5-7

Moderate Disease = 8-16

Severe Disease >16

### General Well-being Descriptors:

General well being includes fatigue in the overall rating and how you feel today. Record the worst you have felt today. Compare yourself to someone else of your age, how would they rank their general wellbeing? Below are some descriptors to help you rank your category of general well being.

- **Very Well:** General health is not generally a problem. You're feeling very good or great and under control.
- **Slightly Below Par:** You're getting through things but feeling below par and not normal. Something overall is preventing you from saying "I feel wonderful." You're feelings good but not great. You can work, socialize, and function on a day to day basis.
- **Poor:** Your symptoms bother you. You occasionally miss work, school, or social activities. You have some embarrassing moments with fecal incontinence. You have diarrhea, abdominal pain, fatigue, and basically just feeling unwell, but you are still able to function. You're getting through the day, doing all your normal stuff but it is a struggle.
- **Very Poor:** Your getting through a part of the day, but can't do you're your normal stuff. You can't attend social events in evening. You sometime leave home from work early. You feel pretty bad and are not doing much activity – only those absolutely necessary. Your symptoms interfere with life considerably, you don't go out or are fearful when out, you miss a lot of school or work. Fecal incontinence happens several times per week.
- **Terrible:** You're unable to function. You can't manage the basics and you're almost bedridden. This is the worse you have ever been. You're not working.

### Abdominal Pain Descriptors

Abdominal pain may include cramping and discomfort. It does not have to be just "pain" as we know it. Below are some descriptors to help you rank your category of abdominal pain.

- **Mild:** You're aware that the abdominal pain is there but it does not interfere with your life and you continue with activities such as work and pleasure. You feel and hear rumbles, gurgles and cramps.
- **Moderate:** You're aware of your abdominal pain and must alter your activities to manage the pain (ie. lie down to rest, postpone shopping trips until later, and take Tylenol). The pain interferes with your life and daily activities. You may have to miss work or pleasure activities on occasion.
- **Severe:** Your abdominal pain causes you to stop all activity. You are frequently in bed because of the pain, you call in sick to work and cancel all activities.