How to do your Harvey Bradshaw Index
Information for patients
This leaflet has been written to help you complete the ‘Harvey Bradshaw Index’ we use when you are on biological treatment. This helps us to score your Crohn’s Disease activity.

What is the Harvey Bradshaw Index?

This is a simple questionnaire used to assess how severe your Crohn’s disease symptoms are. The score is worked out by asking you questions about:

• how often you open your bowels
• whether you have to go to the toilet with urgency
• if there is any blood in your stools
• your general wellbeing and symptoms outside your guts, which can sometimes be related.

All the answers need to reflect your gastrointestinal health status within the last 24 to 48 hours.
Notes to help with each question

**General wellbeing**
Circle on the horizontal row the word which best describes your general wellbeing.

**Abdominal pain**
If you have no abdominal pains, please circle the word none. If you have abdominal pain, you will need to score the intensity by circling either mild, moderate or severe.

**Abdominal mass**
This will be scored by the Doctor or Advanced Nurse Practitioner, after your physical examination.

**Number of stools per day**
Please score just the liquid stools, not the formed or slightly loose stools.

**Extra-intestinal manifestations**
More than one-third of people with IBD are affected by symptoms outside their guts. These are called ‘extra-intestinal manifestations’ or EIMs. A detailed explanation of these is shown in the next section.

EIMs may impact your quality of life significantly. They most frequently affect the joints, skin or eyes, but can also involve other organs, such as the liver, lungs, or pancreas. You may need specific treatment, depending on which areas are affected.

EIMs can occur when inflammatory bowel disease is in remission and during or after a flare-up.

Please see the following details for further information. If you are still unsure how to complete the form, please ask one the IBD nurses.
Examples of EIMs

**Arthralgia**
This means joint pain (not muscular pain).

**Erythema nodosum**
This is a condition that causes red rounded lumps (nodules) to form below the skin surface, most commonly on the shins.

**Aphthous ulcers**
These are ulcers in the mouth.

**Uveitis**
This is inflammation (swelling) of the middle layer of the eye, called the uvea or uveal tract. It can cause your eyes to become red and painful.

**Fissure**
This is a small tear in the skin around the opening of your anus. It can cause severe pain and sometimes bleeding, usually after a bowel movement. Anal fissures are usually found at the part of your anus close to your back, in the line with the cleft of your buttocks.

**Abscess**
This is a painful collection of pus, usually caused by a bacterial infection. It can develop anywhere in the body. Skin abscess develop under the skin, whereas internal abscess can develop inside the body, in an organ or in the spaces between organs. Symptoms are usually pain in the affected area, a high temperature and generally feeling unwell.

**Pyoderma gangrenosum**
This is a rare and serious skin rash, in which a painful nodule or pustule breaks down to form an ulcer, which gradually gets bigger and bigger.

Pyoderma gangrenosum can cause deep red ulcers with sharply defined borders and are extremely painful.
**Fistula**

This is an abnormal channel or passageway which connects one internal organ to another, or to the outside surface of the body. Many fistulas (or fistulae) involve the bowel or intestine. A fistula might connect two parts of the bowel to each other, or the bowel to the vagina, bladder, or skin.

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**When you have finished the score**

Many thanks for completing this form. Please return it to the nurse overseeing your infusion or blood test at this time. If you are completing it at home, please return it to the IBD nursing team via gastroOPD@nhs.net.

We would like to include photos of extra-intestinal manifestations (EIMs) in this leaflet. If you experience any EIMs and you would be willing to have anonymous photos taken of them, please do let us know.
How to contact us

Tel: 01865 228 772
Email: ibd.advice@nhs.net

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If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALS@ouh.nhs.uk**

Authors: Dana Puta, IBD Nurse Practitioner  
Lydia White, Lead Advanced Nurse Practitioner (Liver and IBD)  
John Radcliffe Hospital, Gastroenterology Department

June 2017  
Review: June 2020  
Oxford University Hospitals NHS Foundation Trust  
Oxford OX3 9DU  
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