COVID-19 risk assessment tool

About this tool

This tool can help you to quantify your biological risk and should be used to facilitate your work-based risk assessment. It will also assist team leaders when allocating roles within clinical departments and GP practices.

Use of a risk stratification tool does not replace the need for a comprehensive risk assessment that employers must undertake in addressing the risks posed by COVID-19. The risk assessment should be done in a one-to-one setting, recognising this will require sensitive discussions. Those with responsibility for implementing the risk assessment should listen carefully to your concerns, provide support and consider any adjustments that might be necessary.

The risk model attributes a point for every approximate doubling of risk compared to the reference population[1]. Adding the risk score from each category gives you a personal risk score.

The tool accounts for basic demographics such as age, sex, ethnicity and comorbidities. It does not incorporate other external factors, such as high-risk household members or those at higher risk of mental health issues. You should mention these factors, if relevant to you, in discussions you have with your employer about your risk.

The science upon which this tool is based is continuing to evolve and while we support the use of this tool it should not be used to the exclusion of other tools and resources that may also facilitate risk assessments.

Pregnancy

There is currently insufficient data to make any meaningful assessment about the risk of COVID-19 to either the mother or the unborn child. Early reports from the UK and the USA suggest there is no risk to either, however these are based on small numbers. [2,3] Given the unknown risk to both parties, although pregnancy is not considered as a risk factor in its own right, we would recommend all people who are pregnant be regarded as high risk and offered the option to shield.

What you should do

1. Calculate your score.
2. Share this document with your line manager or colleague who will conduct your work-based risk assessment.

Legal disclaimer

Neither the BMA nor the authors of this tool accept any liability for the use of this tool whether arising out of tort law, including our negligence, or breach of contract or other cause of legal action save that nothing in this paragraph excludes or limits liability for personal injury or death caused by negligence.

1   The risk stratification tool uses a Caucasian female <50years of age with no comorbidities as a reference.
2   Knight M, Bunch K, Vousden N, et al. Characteristics and outcomes of pregnant women admitted to hospital with confirmed SARS-CoV-2 infection in UK: national population based cohort study. *BMJ* 2020;369:m2107. doi: 10.1136/bmj.m2107
3   Adhikari EH, Moreno W, Zofkie AC, et al. Pregnancy Outcomes Among Women With and Without Severe Acute Respiratory Syndrome Coronavirus 2 Infection. *JAMA Netw Open* 2020;3(11):e2029256. doi: 10.1001/ jamanetworkopen.2020.29256 [published Online First: 2020/11/20]

Objective risk stratification (ORS) tool for individuals not already identified as "vulnerable" by the NHS Digital Shielded Patient List

Risk factor	Indicator	Adjustment
Age	>50	1
	>60	2
	>70	4
	>80	6
Sex at Birth	Female	0
	Male	1
Ethnicity	Caucasian	0
	Black African descent	2
	Indian Asian descent	1
	Filipino descent	1
	Other (including Mixed race)	1
Diabetes and Obesity	(Type 1 or Type 2) uncomplicated*	1
	(Type 1 or Type 2) complicated*	2
	BMI≥35kg/m^2	1
Cardiovascular disease	Angina, previous MI, stroke or cardiac intervention	1
	Heart failure	2
Pulmonary disease	Asthma	1
	Non-Asthma chronic pulmonary disease	1
	Either above requiring oral corticosteroids in previous year	1
Malignant neoplasm	Active malignancy	3
	Malignancy in remission	1
Rheumatological conditions	Active treated conditions	2
Immunosuppressant therapy	Any indication	2
Chronic Kidney disease	CKD 3 or 4	2
	End stage renal disease/transplant	4
Chronic Liver disease	Any active disease	3
Immunosuppressant therapy	Any indication	1
Interpretation	**Score**	
Low Risk	<3	
Medium Risk	3-5	
High Risk	≥6	

*Complicated diabetes = presence of microvascular complications or HbA1c≥64mmol/mol

Reference
Development of an Objective Risk Stratification Tool to facilitate workplace assessments of healthcare workers when dealing with the CoViD-19 pandemic.
W David Strain, Janusz Jankowski, Angharad Davies, Peter MB English, Ellis Friedman, Helena McKeown, Su Sethi, Mala Rao OBE,