**Arthritis**

**Summary**

The word arthritis is used to describe pain, swelling and stiffness in a joint or joints. Arthritis isn’t a single condition and there are several different types. Arthritis can make life tough by causing pain and making it harder to get about. The symptoms of arthritis can vary from week to week, and even from day to day. Many types, such as osteoarthritis and rheumatoid arthritis, are long-term conditions.

**Symptoms:**

General symptoms of arthritis include:

* joint pain, tenderness and stiffness
* inflammation in and around the joints
* restricted movement of the joints
* warm red skin over the affected joint
* weakness and muscle wasting

**Strategies:**

Depends on the individual. Discuss with student if appropriate. Refer to guidance on Staff Advantage. Potential strategies may include:

* use of a word processor for extended writing or exams
* extra time to complete tasks and formal assessments
* be tolerant about lateness, especially early in the morning
* allow the student to leave the class early to avoid crowds in corridors
* upload materials to Canvas or communicate by email when the student is absent

For further guidance see below.

<https://www.arthritiscare.org.uk/>

<https://www.nhs.uk/conditions/arthritis/>