**Juvenile Idiopathic Arthritis (JIA)**

**Summary:**

Arthritis is a common condition, affecting people of all ages,that causes pain and inflammation in joints. JIA is the most common form of arthritis in children. The most common form of JIA is oligo-articular JIA. Other forms are polyarticular JIA and systemic onset JIA. The cause is unknown but symptoms often improve as the child gets older, meaning they can lead a normal life.

**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

Oligo-articular JIA affects up to 4 joints, most commonly knees, ankles and wrists. Polyarticular JIA affects 5 or more joints and may come on suddenly or develop gradually. A child with polyarticular JIA my feel unwell and occasionally have a high temperature. Systemic onset JIA begins with a fever, rash, lack of energy and enlarged glands. Later joints can become swollen and inflamed.

**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 student is absent

For further guidance see below.

[NHS information](https://www.nhs.uk/conditions/arthritis/)

[JIA Organisation Guidance for Teachers](https://www.jia.org.uk/4-teachers)