





DIAGNOSIS

1. Arthritis in ≥ 1 joint for ≥ 6 weeks
2. < 16 years old
3. Exclusion of other disease that may cause arthritis

Arthritis \Rightarrow joint pain, stiffness, decreased range of motion, swelling




CLINICAL PRESENTATION

TYPE	TYPICAL AGE	AFFECTED JOINTS	JOINT PATTERN	EXTRA-ARTICULAR FEATURES
Oligoarthritis	$< 6y$	1 – 4	Asymmetric Large joints	Asymptomatic uveitis
RF- Polyarthritis	6-7y	≥ 5	Symmetric Any sized joints	Asymptomatic uveitis
RF+ Polyarthritis	9-12y	≥ 5	Symmetric Any sized joints	Rheumatoid nodules, uveitis
 Systemic Arthritis 	2-4y	≥ 1	Any sized joints	Fever, uveitis, lymphadenopathy, rash, serositis, hepatosplenomegaly
Psoriatic Arthritis	7-10y	≥ 1	Asymmetric/symmetric Small-medium joints	Dactylitis, nail pitting, psoriasis, uveitis
Enthesitis Related Arthritis	9-12y	N/A	Tendon insertions Lower extremities	Symptomatic uveitis

INVESTIGATIONS

Diagnosis of JIA is based on clinical findings, investigations are used to rule out other conditions and may help classify type.

- CBC
- ESR/CRP
- RF, ANA
- XR, U/S, MRI, CT

 Children presenting with systemic symptoms should be worked up to rule out infection/malignancy.

DDX

- Infection (septic arthritis, osteomyelitis)
- Malignancy (acute leukemia)
- Growing pains
- Trauma
- Inflammatory Bowel Disease
- Juvenile Dermatomyositis
- Systemic Lupus Erythematosus
- Vasculitis



MANAGEMENT

PHARMACOLOGIC	NON-PHARMACOLOGIC
<ul style="list-style-type: none"> • NSAIDS (ibuprofen, naproxen) • Intra-articular steroids • Systemic steroids (short course) • Disease Modifying Anti-Rheumatic Drugs (methotrexate) • Biologics 	<ul style="list-style-type: none"> • Regular physical activity • Patient education • PT/OT • Psychotherapy • Nutrition
*Management is based on type of JIA	

COMPLICATIONS

- Osteoarthritis
- Osteoporosis
- Macrophage activation syndrome
- Growth issues
- Joint erosion
- Functional
- Psychological



Referral to ophthalmology for regular screening. Untreated uveitis can result in blindness!