

JUVENILE IDIOPATHIC ARTHRITIS (JIA)

Ohio Chapter

INCORPORATED IN OHIO

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Arthritis is inflammation in a joint that leads to swelling, loss of motion and sometimes pain. The hallmark of arthritis is being stiff in the morning.

The cause of juvenile idiopathic arthritis (JIA) is not known. There is nothing that you or your parents did to cause the arthritis.

Children and adolescents with JIA are at risk of developing inflammation in the eye called uveitis. Children with JIA need to regularly see an eye doctor.

Children and adolescents with arthritis are attending school and playing sports like other children. Children with arthritis and chronic pain may need special accommodations for school and sports but they are not limited from actively participating and attending on a regular basis. Most children do NOT become crippled.



MANAGING AND TREATING JIA

Treatment of the arthritis may involve medications that can be taken by mouth; placed in the joint; given as an injection under the skin or as an intravenous (IV) infusion. Physical therapy and occupational therapy are also employed.



SELF CARE

For JIA and chronic pain, it is important to manage your disease as much as possible on your own. It is very important to get restful sleep; to exercise and to take your prescribed medications. Many people with JIA experience anxiety and/or depression.



SLEEP

Fatigue is often present in JIA. Good quality sleep is essential for good health. Lack of restful sleep leads to fatigue, general lack of wellness, physical symptoms, depression and anxiety, and pain.

You can prepare for a good night's sleep by trying the following tips:

- Go to bed and wake up at the same time every day.
- Do not take naps. It is important to sleep at night and not in the day.
- When in bed, the TV, computer, and cell phone should be turned off. The bed is for sleeping only.
- Exercise regularly, but not right before bed.
- The bedroom should be quiet and dark.



EXERCISE

Exercise is a major part of treatment for JIA and chronic pain. Some suggestions for making exercise part of a daily routine include:

- Set a goal for doing exercises.
- Set a reminder on your phone or watch to do the exercises.
- Make the exercise as fun as possible.



MEDICATIONS

If you are prescribed medications, it is very important that they are taken on a consistent basis. To make sure you don't forget, try:

- Setting an alarm on your cell phone or watch to remind you to take your medicine.
- Using a website that will send you a reminder text message or email alert. One website is www.mymedschedule.com.
- Putting your medications where you can see them - like next to your tooth brush.



For more information, please visit:

<https://ohioaap.org/education-cme-moc-ii/polyarticular-juvenile-idiopathic-arthritis-pjia/>



SELF-CARE RESOURCES



Arthritis Foundation • <https://www.arthritis.org>

Vim App for Managing Arthritis • <https://www.arthritis.org/vim>

- Take your life back and control chronic arthritis pain through goal tracking, community support and expert resources.



Yoga

- Cosmic Kids Yoga features a variety of yoga videos with various themes (e.g., Halloween) and for various activities (e.g., conquering your fears)
- 5 Calming Yoga Poses for Kids • <https://www.youtube.com/watch?v=QeVh3NVfa0k>



RELAXATION RESOURCES

Deep breathing training (young children)

- Learn to Belly Breathe with Rosita from Sesame Street
<https://www.youtube.com/watch?v=Xq3DwzX6MUw>
- Sesame Street Song about Belly Breathing with Elmo, Common, and Colbie Caillat • https://www.youtube.com/watch?v=_mZbzDOpylA

GoNoodle

GoNoodle – Relaxation Activities (some videos are also in Spanish)

Search for “stress”

- Melting Away • <https://www.gonoodle.com/videos/r2rMeX/melting>
- Light as a Feather (Mindfulness exercise) • <https://www.gonoodle.com/videos/r2rMeX/melting>
- Rainbow Breathing • <https://www.youtube.com/watch?v=O29e4rRMv4>



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