

Medical Management Plan of Care for Juvenile Rheumatoid Arthritis
Green River District School Health Program

Student: _____ Date of Birth: _____

Date: _____ School: _____

Physician(s): _____

Juvenile Rheumatoid Arthritis (JRA) is a disorder of joints, connective tissue and internal organs. Although it is sometimes reversible, the majority of cases are chronic with remission and flare ups. JRA is characterized by chronic joint inflammation that may result in loss of motion and disfigurement. The cause of juvenile rheumatoid arthritis is unknown. Common symptoms include pain, joint swelling, and joint stiffness. There is no cure for juvenile rheumatoid arthritis. The course of disease varies with each child. Some children will be severely limited and others may have mild symptoms.

Stiffness often occurs after periods of immobility, and teachers need to be reminded that children with arthritis need extra freedom to move about the classroom.

Treatment consists of medication to reduce inflammation and physical therapy to maintain joint function. Complications of JRA include kidney and eye trouble. Also, children taking large doses of steroids may have stunted growth.

Problem: Mobility

Goal: School environment should be adjusted to allow student to have maximum mobility.

Action:

1. Student may have difficulty with ambulating.
2. Student may require assistance in transportation.
 - a. He/she will require assistance getting on and off of the bus.
 - b. He/she will require a seat belt on the bus.
3. Student may require assistance moving from one class to another.
 - a. It may be necessary for student to leave class early and possibility of arriving to the next class late. This should not be considered tardy.
 - b. May require peer buddy to help with class changes.
 - c. Arrangements should be made to assist student with fire and disaster, or field trips.
4. PE activities may require modifications.
 - a. Follow physician's written order for modifications in physical activities.

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Stiffness and pain

Goal: Maintain comfort

Action:

1. Student may need to arrive late due to morning stiffness and pain.
2. School day may need to be shortened.
3. Modifications should be made to enable student to move about the classroom.
4. Manual dexterity, such as writing, opening lockers, eating, and going to the bathroom.

Problem: Fatigue

Goal: School environment should promote adequate rest.

Action:

1. Student may have difficulty keeping up physically and academically without adjustment to his/her day.
2. Student requires a rest period for _____ minutes every day.

Problem: Visual difficulty

Goal: Reduce barriers to learning

Action:

1. Student may have difficulty seeing long distances.
 - a. Allow student to sit where he/she may see well.
2. Vision worsens with fatigue. Problem
 - a. Long reading assignments may need to be altered.
3. Monitor for symptoms of eye complications.
 - a. Redness
 - b. Light sensitivity
 - c. Tearing
 - d. Burning
 - e. Blurring
 - f. Decreased visual ability

Problem: Medication

Goal: Early recognition and reporting of symptoms

Action:

1. Requires medication to be taken to school
2. Student takes aspirin to reduce inflammation. Yes _____ No _____
 - a. Report side effects to school nurse and parents.

Side effects include:
_____ Stomach ache
_____ Unusual bleeding
 - b. Educational implications are minimal.

3. Student takes Prednisone to reduce inflammation. Yes ___ No ___
1. Side effects that should be reported promptly to school nurse and parents are:
- a. Behavior changes
 - b. Stomach pain
 - c. Blood in stool or vomiting blood.
 - d. Common side effects that are worrisome but do not need to be reported to the parent are: moon-shaped face, flushing, acne, and headache. These side effects can negatively impact the students self image and staff need to be aware of this.
 - e. Educational impacts are minimal.
 - f. Prednisone should be taken with food to prevent an upset stomach.
 - g. Prednisone should never be discontinued without notifying the physician.
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2. Educational implications are minimal.
3. Student takes Naproxen/Tolmectin, a non-steroidal anti-inflammatory Medication. Yes ___ No ___
- a. Side effects that must be reported promptly to the school nurse and parents are vomiting which may have the appearance coffee grounds.
 - b. Educational implications are minimal.
4. Student takes Methotrexate injections once a week. This is an immunosuppressant medication given to help with the inflammation and the disease process of the arthritis.
- a. Side effects that should be reported to the school nurse and parent include:
 - Abdominal pain
 - Diarrhea
 - Bleeding
 - Fatigue
 - Trouble Breathing
 - Dry non-productive cough
 - b. Encourage fluids

CONTACT INFORMATION

Parent/Guardian

Name: _____

Address: _____

Telephone: Home: _____ Work: _____ Cell: _____

SIGNATURES

This health care plan has been reviewed by:

Physician Date

Parent Date

School Nurse Date

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