

This is a template for an Individual Healthcare Plan (IHP) for a child or young person with Juvenile Idiopathic Arthritis (JIA). It has been developed by Juvenile Arthritis Research (www.jarproject.org) using a real-life example of a child with JIA to be edited and amended as necessary.



JIA is a variable condition, and not everything on this list will be relevant to all children with JIA. Some will need additional support not listed here, and some won't need everything mentioned here so please use this as a guide to adapt and change as necessary.

Remember that a child's condition may change over time, too, and that the support they need now might not be needed in future. JIA is different for each child, and different people react to medication in different ways, too.

This template should be reviewed and completed by the family, SENDCO and class teacher.

Care Plan for	Enter name of child here
Date of birth	
Address	
Contact information	
Hospital contact	Give name and contact details of rheumatology nurse or local community nurse here (they will be easier to contact for support than the clinical consultant). If the child has support from an occupational therapist and/or physiotherapist, record their details here as well and use their guidance and reports to provide specific support. Children with JIA are often supported by a multi-disciplinary team of healthcare professions, so any suggestions and guidance from anyone in the medical team should also be reflected in this care plan.
GP details	Give name and contact details for GP here.
Medical needs	Juvenile Idiopathic Arthritis (JIA) List any other medical conditions here if applicable.
Medication and contraindications	List any regular medications here, including dosages. Include details of anything that must be avoided (e.g. allergies, or any contraindications between medications where other medications must not be given).
Medical needs and symptoms	• [Child's name] has JIA which is an auto-immune disorder that attacks their joints, eyes and other organs • They also have uveitis in both eyes. • Due to the nature of arthritis, they can regularly experience flare-ups of extreme pain. • They may need to use their wheelchair or crutches. • They cannot stand for long periods so may need to sit down.

	• They may need to be allowed into the school early as they experience pain when standing whilst waiting. • They cannot sit on the floor for long periods, so needs to be provided with a chair (e.g. for assemblies etc.) as well as movement breaks to stop joints from 'seizing up.' • They may need to spend some breaktimes indoors, and/or be permitted to sit at breaktimes when in pain. • Whilst their medical professionals encourage them to take part in PE activities, they may need more support and differentiated activities, and be permitted to sit out when in pain or during a flare-up. • They must not wear plimsols or similar, but must wear the shoes advised by their medical team which include orthopaedic insoles. • They cannot wear wellies, so for outdoor activities requiring waterproof footwear they must wear their own ankle-support boots as advised by their medical team and their orthopaedic insoles must be transferred into the boots for the duration. • They experience regular tiredness due to their JIA and medications. • They need to keep their joints warm, especially in winter. For example, they may need leg warmers as well as trousers/tights when cold or to wear gloves indoors. • They may need to sit on a chair rather than stand or sit on the floor for activities. • They have regular appointments at - o [NAME OF HOSPITAL] Hospital consultant - o [NAME OF HOSPITAL] Hospital physiotherapy - o Local paediatric consultant - o [NAME OF HOSPITAL] Hospital eye specialist - o Local orthoptist and eye consultant - o [NAME OF HOSPITAL] Hospital podiatrist - o Hydrotherapy [HOW OFTEN] - o Blood tests to monitor effects of medication - o Any other X-rays, MRIs, bone scans etc requested by their medical teams. - o It is not always possible to arrange for these appointments to be out of school hours.
Other needs	• <u>REDUCED IMMUNITY</u> due to the medication they are on. - o They are more vulnerable to illness than other children. - o If they have a temperature or secondary illness resulting from their reduced immunity, they may need hospital treatment. - o Parents/carers must be informed immediately if they show signs of being unwell including tiredness.

	- o Inform parents/carers if there are cases of chickenpox, shingles, COVID-19 or any other contagious illness in the school (as some children may need antiviral treatment via their hospital). - o Extra care needs to be taken regarding hygiene. They will need to wash hands before all snacks and meals. At snack time a snack may need to be kept aside for them whilst they wash their hands. - o Must NOT have the nasal flu vaccine. They need to have the injected version of the flu vaccine prior to other children having the nasal vaccine. • One of the side-effects of their medication is that their skin is extra vulnerable to sunburn. Parents/carers will apply sunscreen before school, but this will need topping-up throughout the day. • They may require extra support for toileting and when getting changed for PE. • They may need additional medication which may need to be administered during school hours – parents/carers to advise as applicable.
Whole school activities	• As above. • Please note that they may need to sit on a chair rather than stand or sit on the floor to prevent their joints from seizing.
Out of school visits	• They may need to use their wheelchair or crutches. To be advised by parents/carers.
Copies held by	School office, Class teacher, SENDCO
Date	
Next review	
I agree that the information contained in this plan is correct and I agree that it can be shared with individuals involved with my child's care and education (this includes the emergency services).	
Parent/carer agreement	I understand that I must notify the school of any changes to this plan in writing.
Signed (parent/carer)	
School agreement	It is agreed that the named child will be supported within school according to the details of this care plan.
Signed (SENDCO)	
Signed (Headteacher)	