

# Discussion Guide for Clinicians and Their Patients With JIA

This tool is meant to help clinicians talk to patients with juvenile idiopathic arthritis (JIA) about transitioning from a pediatric healthcare professional to an adult healthcare professional

## Common symptoms of JIA are:



**Joint pain**



**Swelling**



**Stiffness**

## There are several types of JIA:



**Oligoarticular**



**Enthesitis-related arthritis (ERA)**



**Polyarticular,  
rheumatoid factor  
positive (RF+)**



**Psoriatic**

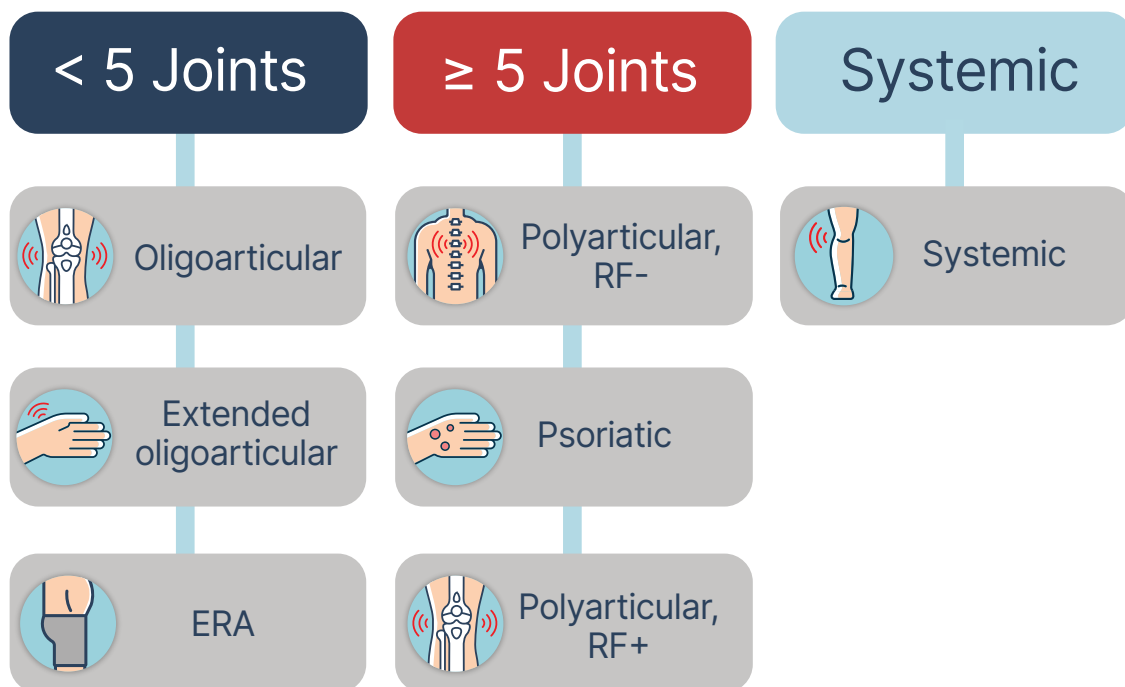


**Polyarticular,  
rheumatoid factor  
negative (RF-)**



**Systemic**

# ILAR classification



## Several treatments can help manage JIA:



### Nonsteroidal anti-inflammatory drugs (NSAIDs)

- Naproxen
- Meloxicam
- Celecoxib



### Disease-modifying antirheumatic drugs (DMARDs)

- Methotrexate
- Sulfasalazine
- Leflunomide



### Biologic DMARDs

- Etanercept
- Adalimumab
- Abatacept
- Tocilizumab
- Anakinra
- Canakinumab



### Targeted synthetic DMARD

- Tofacitinib



### Intra-articular glucocorticoid injections

# Something to talk about



**Explain the benefits of transitioning from pediatric to adult care**



**Talk about challenges and the need to coordinate with other clinicians**

- Lack of a universal EHR may lead to information loss or information that cannot be easily accessed
- Adherence concerns
- Transitions in medical insurance



**Create a written healthcare transition plan together**



**Answer any questions the patient or caregivers may have**

## Provide your patients with:



**A transition policy**



**A transfer letter**



**A patient readiness assessment**

Ask patients to fill out this helpful assessment to see how prepared they feel to transition from pediatric to adult care



**A written treatment plan**

Consider using this medical summary form

# Resources

## **American College of Rheumatology**

<https://www.rheumatology.org/>

## **Arthritis Foundation**

<https://www.arthritis.org/>

## **American College of Physicians Pediatric to Adult Care Transitions Initiative**

[www.acponline.org/clinical-information/high-value-care/resources-for-clinicians/pediatric-to-adult-care-transitions-initiative](http://www.acponline.org/clinical-information/high-value-care/resources-for-clinicians/pediatric-to-adult-care-transitions-initiative)

## **National Alliance to Advance Adolescent Health**

[www.gottransition.org/families-resources](http://www.gottransition.org/families-resources)

## **National Center on Secondary Education and Transition**

[www.ncset.org](http://www.ncset.org)

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