

CHILDREN  
WITH

# inflammation of the joints



Children with  
**inflammation  
of the joints**



### **General information:**

Inflammation of the joints (reactive arthritis) is a condition which shows up as pain and swelling of one or more joints, typically in the hip, knee or ankle.

The cause of reactive arthritis is unknown but is believed to be a reaction of the immune system after an infection.

The condition appears during or immediately after an infection in e.g. the upper respiratory system, urinary tract or gastrointestinal system.

The condition is harmless and may last a few weeks after which the child will recover completely.

### **How is it contracted?**

The condition is not contagious.

### **Symptoms:**

Typical symptoms:

- Warm and swollen joints
- Redness and sore joints
- Reduced mobility for example, the child does not want to walk or crawl
- Cries when you change the nappy
- Tiredness, fever and reduced appetite may occur.

### **Treatment/good advice:**

Treatment of symptoms with painkillers.

It is important to follow the prescribed treatment with painkillers as it not only reduces the pain but also has a beneficial effect on the inflammation (anti-inflammatory effect).

- Let the child decide the level of activity.
- Do not push the child.

### **When to see a doctor?**

If the child shows one or more of the above symptoms.

### **Prevention:**

Prevention is not possible.

### **Childcare:**

The child can return to childcare when it feels well enough to play with other children and is no longer in pain.

## Parental guidelines

These guidelines have been prepared by a working group set up by the departments of paediatrics in Herning, Randers, Skejby and Viborg.

The intention with these guidelines is to provide parents with advice across the following sectors: health visitors, general practitioners family doctors, doctors on call, and the staff at paediatric admission wards in the Central Denmark Region.

The parental guidelines can be seen and downloaded from the internet on the web site [www.fv.rm.dk](http://www.fv.rm.dk)

You may order additional copies from Rikke Dalsgaard,  
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