

appropriately; the splint should not be painful or impede sleep. Behavior modification programs that reward splint and exercise compliance may be helpful in reducing adherence barriers. Well-child care to assess growth, development, and immunization requirements needs to be coordinated between the primary care provider and the rheumatologist. Common childhood illnesses, such as upper respiratory tract infections, may cause arthritis to worsen; consequently, medical attention must be sought quickly for relatively minor illness to prevent arthritis flares. Effective communication among the family, the primary care provider, and the rheumatology team is essential for care coordination.

Children are encouraged to attend school even on days when they have some pain or discomfort. The school nurse's assistance is enlisted so that a child is permitted to take the prescribed medication at school and to arrange for rest in the nurse's office during the day. Split days or half days may help a child remain involved in school. Permitting the child to come to school late allows time to gain joint movement and reduces the time at school to avoid exhaustion. It is important that the child attend school to learn skills and engage in social interaction, especially if the JIA continues to limit physical skills. Arranging for two sets of textbooks—one for home and one for school—eliminates heavy backpacks, or rolling backpacks may be used. Additionally, extra time to take tests, allowing to stand and stretch, participating in PE as tolerated or in a modified PE program, an elevator pass, and extra time changing class can all reduce barriers and maximize the students attendance and participation in school. A formal school hearing may be necessary to obtain an individualized education program (IEP), ensured by public law, which includes intensive school modifications.

Facilitate Adherence

The child and family need to be actively involved in the treatment plan to commit to it. They need to know the purpose and correct use of any splints, exercise programs, and medications prescribed. Pill boxes can help foster adherence, although parents should continue to monitor adherence of the older child who is able to safely take medications independently. Nurses can facilitate adherence by demonstrating and providing written instructions on