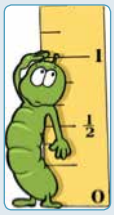
caps Childhood Arthritis Prospective Study

Studies on physical outcomes in the Childhood Arthritis Prospective Study

Growth

- Juvenile Idiopathic Arthritis (JIA) is commonly associated with slow or delayed growth.
- Factors thought to cause slow growth in JIA include steroid medication, inflammation, joint damage, nutrition and hormones.
- The frequency of growth problems has fallen with new treatments, but poor growth is still thought to affect 1 in 10 children with JIA.



Aim

To investigate growth and factors related with slow growth in children with JIA using data from CAPS.

Methods

- A study period of 2 years was chosen.
- The height of most children was measured routinely during hospital clinic appointments and recorded in the hospital case notes.
- All children from CAPS with height measurements available were included in this study.
- Statistical analysis to find predictors of poor growth at 2 years.

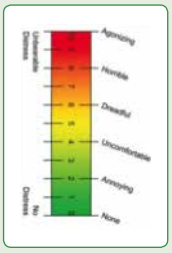
Results

- At diagnosis, the average height was similar to children without arthritis.
- 16% of children had very slow growth over the first 2 years of disease.
- Longer disease duration and younger age at diagnosis predicted a shorter height at 2 years.

Did you know...
that if your growth is slower than normal it can often catch up later, especially when your arthritis is well controlled?

Physical Outcomes

- Up to 1 in 3 children with JIA are reported to have joint pain and swelling disease continuing into adulthood.
- JIA can be variable, with periods of joint pain and swelling followed by remission.



Aim

To identify factors that predict limitations in physical activity and function 3years after diagnosis of JIA.

Methods

- A study period of 3 years was chosen
- 699 children from CAPS were included in this study.
- Statistical tests were used to find predictors of physical function. This included a parent's assessment, a physician's assessment, number of joints with pain and swelling, age and gender. We measured physical function using the CHAQ score, a simple questionnaire designed to rate physical ability.

Results

- Half of children showed moderate to severe limitations at diagnosis and one third still reported moderate to severe limitation after 3 years.
- The strongest predictor for severe limitation at 3 years was severe limitation at diagnosis.