Behandlingsplaner

Early step-up plan for polyarticular onset/course JIA <u>without</u> poor prognostic factor	2019
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Visit 1

Begin methotrexate (MTX) 10 mg/m2 and Joint Injections

Optional: 1) intraarticular steroid injections (IAC) or 2) prednisolone (PDN) max 0.2 mg/kg for 7 weeks

At 3 months - Visit 2

If much improved: (approx ΔJADAS10 >50%) Continue same therapy	**OR**	**If not much improved:** Begin TNF inhibitor2 Consider IAC or Consider PDN 7 weeks max 0.2 mg/kg

Optional visit at 6 weeks: if no response, increase MTX dose/sc to 15 mg/m2. 1) Consider IAC 2)Consider PDN 0.2 mg/kg

At 6 months - Visit 3

If much improved: (approx. ΔJADAS10>50%) and off PDN Continue same or increase MTX	**OR**	**If not much improved:** Increase MTX (if not max 15 mg/m2 sc) Optional IAC Also consider to increase dose (if possible) or change TNF inhibitor[2]

Optional: 9 months: if target not reached, consider change anti-TNF, increase therapy

At 12 months - Visit 4

If inactive/remission: JADAS10 <1 and off PDN Consider lower dose MTX if side effects	**OR**	**If not much improved:** Change to another biologic mechanism[3] Increase MTX max 15 mg/m2 if possible Optional IAC

Footnote 1: Moderate/high disease activity defined as > 1 active joint, elevated ESR or CRP, or MD or Pts global > 3 (see ref 2)
Footnote 2 Adalimumab, etanercept (if no uveitis or IBD), golimumab, or infliximab (in line with the Norwegian LIS TNF BIO recommendations)
Footnote 3: If tried 2 anti TNFs, change mechanism to tocilizumab or abatacept

The treatment plan based on the Childhood Arthritis and Rheumatology Research Alliance (CARRA) Consensus treatment plans, expert reviews, the American College of Rheumatology (ACR) treatment plans.

Referanser

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6. 2016 update of the ASAS-EULAR management recommendations for axial spondyloarthritis. Van der Heijde D, Ramiro S, Landewé R, Baraliakos X, Van den Bosch F, Sepriano A, Regel A, Ciurea A, Dagfinrud H, Dougados M, van Gaalen F, Géher P, van der Horst-Bruinsma I, Inman RD, Jongkees M, Kiltz U, Kvien TK, Machado PM, Marzo-Ortega H, Molto A, Navarro-Compàn V, Ozgocmen S, Pimentel-Santos FM, Reveille J, Rudwaleit M, Sieper J, Sampaio-Barros P, Wiek D, Braun J. Ann Rheum Dis. 2017 Jun;76(6):978-991