

Joint Swelling

Important history notes:

- 1) Associated symptoms: fever, rash, uri or sore throat, diarrhea or abdominal pain, eye pain or redness, weight loss
- 2) Quality of pain: exacerbating and relieving factors, severity, number of joints, fixed or migratory, length of time
- 3) Distinguishing between arthralgia and arthritis: with arthritis there should be swelling, warmth, stiffness and sometimes redness
- 4) Exposures: travel, new medications, pets
- 5) Family history: autoimmune disease, recurrent fevers

Patient presents with joint pain

Joint Swelling present <6 weeks

Joint Swelling present >6 weeks

Fever, weight loss, night sweats, sig pain, multiple joints

Concern for malignancy

Send to ED, cbcd, esr, crp, cmp, ldh, uric acid, smear

Fever, very warm joint, pain, non weight bearing, often 1 joint

Concern for septic joint

ED, cbcd, esr, crp, cmp +/- cx, ortho

Injury

Imaging, ortho, and ED prn

Fever (often quotidian), Symptoms greater than 2 weeks, rash with fever

Concern for SJA

Send to ED, cbcd, esr, crp, cmp, pt/inr, ptt, fibrinogen, ferritin, triglycerides, ldh, rheum consult

Migratory, recent strep, erythema marginatum, nodules, chorea

Concern for ARF or post strep arthritis

Send ASO and dnase B if not documented

If recent strep obtain EKG, ECHO and refer to ID and rheum. Ok to start NSAIDs

Recent GI illness, associated eye pain/redness/associated dysuria

Concern for reactive arthritis

naproxen trial

if prolonged refer to rheum

Intermittent, recurrent, associated with fever

Refer to periodic fever pathway

No arthritis, diffuse pain

refer to chronic pain pathway

Cbcd
Esr, crp
Cmp
Quantiferon Gold
Ana, rf, ccp, hlab27
Rheum ref
Ophtho ref
Naproxen

Naproxen dose: 10 mg/kg/dose BID. Take with food, avoid if dehydrated, wear sunscreen. Liquid is expensive. Non extended release pills can be crushed. If associated stomach upset can add on H2 blocker.