

Symptoms

Autoinflammatory conditions are not to be confused with Autoimmune conditions such as Rheumatoid Arthritis or Crohn's Disease. Autoinflammatory conditions are rare and complex mainly caused by changes in genes. Autoinflammatory conditions are associated with the innate immune system, whereas Autoimmune conditions are associated with the adaptive immune response.

- Fevers
- Rigours (shakes with fevers)
- Sore Throats
- Gastrointestinal Issues
- Enlarged Spleen and Liver
- Genital Ulcers
- Inflammation of the joints and skin
- Uveitis (inflammation in the eyes)
- Respiratory Issues
- Headaches
- High C - Reactive Protein (CRP)
- Enlarged Lymph Nodes (Glands)
- Constipation
- Nausea
- Diarrhoea
- Rashes
- Anaemia

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A Guide for Schools

Autoinflammatory conditions



Rare Autoinflammatory
Conditions Community - UK
(RACC - UK)



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What adjustments may be needed?

You may not have heard of Autoinflammatory conditions before. They are rare, complex, and unpredictable. We recommend contacting a child's Medical Consultant for more information as soon as possible.

Children with Autoinflammatory conditions may:

a) be too unwell to attend school, and their incomplete attendance record must not lead to any disadvantage for them (eg celebrations for children with full attendance). Teachers should provide take-home work or make provisions for the child to catch up on missed learning so that their unavoidable absences do not damage their education.

b) need a reduced timetable in some circumstances.

c) be unwell because of their condition, possibly with a very high temperature, they are not infectious. If they feel well enough to be in school, they must be allowed to attend school.

d) need special provision to rest during the school day or sit out of energetic activities, if they feel unwell, and all school staff must be aware of this

How can you help?

Another way in which schools can support children with Autoinflammatory conditions is by creating daily/weekly monitoring sheets. Pain Management Diaries or Symptom Charts can also help. They are a great way for everyone involved in a child's life to monitor the child's physical health.

An 'Individual Health Care Plan' (IHCP) can also be an effective way of planning and providing support as well as monitoring the child's progress. Having annual reviews will allow schools and parents to discuss any changes in the child's progress. This is also used for any dietary requirements needed.

Should a child require additional support in school then an Educational Health Care Plan (EHCP) should be applied for.

Reference: TES Safeguarding - Educare

"I JUST WANT TO BE NORMAL & DO NORMAL THINGS LIKE MY FRIENDS DO, INSTEAD OF BEING SICK ALL THE TIME!"

"WHY AM I ALWAYS POORLY MUMMY?"

Treatments

Children may require pain relief during the school day such as Paracetamol and Ibuprofen.

ICE PACKS - to help with swelling

REST - pace your activities!

PAIN RELIEF - seek advice from consultants or parents

SEND WORK HOME - to help children keep up with their studies

Other treatments Children may receive for their conditions, administered at home or hospital:

- Prednisolone
- Colchicine
- Biologics (immunosuppressants):
 - Anakinra (Kineret)
 - Canakinumab (Ilaris)
 - Tocilizumab (Actemra)
 - Adalimumab (Humira)