

Joint Injections

Children's Services

Introduction

This leaflet is intended to provide a better understanding of what the procedure involves: the benefits, risks and the alternative treatments available to you. Please feel free to ask a member of the team if this leaflet does not answer all your questions.

What is a joint injection?

Injection of steroid into affected joints is a standard procedure for the treatment of juvenile idiopathic arthritis. Joint injections are suggested based on current symptoms, the underlying cause and recent scans.

Consent

We must seek you and your child's consent for any procedure or treatment beforehand. Your paediatric rheumatology team will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information. The person signing the consent form should have 'Parental Responsibility' for the child or young person. Parental responsibility refers to the individual who has legal rights, responsibilities, duties, power and authority to make decisions for a child or young person.

When you arrive on the day of the joint injection you will meet someone from the team giving the injection(s) who will discuss any further questions you may have and confirm that you wish the procedure to go ahead.

What are the benefits of the procedure?

Around 90% of joints are helped by this treatment. The injected joint should become less painful, less swollen and should move more freely. However this is not a permanent 'cure' for arthritis.

Improvement may occur within the first few days, but it can take some weeks for the maximum benefit to be seen. This should then last for a few months.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What are the risks of the procedure?

There are nearly always risks to any treatment. Here are the risks that may arise when having joint injections.

- Scarring is sometimes seen at the site of the injection. This is thought to be due to a 'leak back' of steroid along the track of the needle. It may happen in around 10% of injections. The scar usually improves with time
- An increase in pain in the joint is seen in about 5% of injected joints. This occurs on the first day after the procedure, and is due to crystals in the steroid used
- There is a very small risk (1% or less) of infection in the injected joint

What are the alternatives?

Physiotherapy and medicines taken by mouth or intravenously can be used as an alternative to joint injections. They can also be used alongside joint injections. The choice about which treatment is best (including no treatment) for your child will be made together with you, your child and your doctor. This will be based on the risks and benefits of treatments and individual circumstances.

What will happen before the procedure?

You will be asked to bring your child or young person up to a hospital appointment a few days before the joint injections for a pre-admission assessment. This is to check they are well enough and explain more about preparing for the day.

What will happen on the day of the procedure?

You will be asked to come to hospital at a set time to meet the team looking after your child and giving the injection.

It is important that your child does not eat or drink anything a few hours before the anaesthetic, this is called 'fasting' or 'nil by mouth'. You will be told the time that your child needs to be 'nil by mouth' from.

How is the procedure done?

The procedure is usually done under a general anaesthetic (this is a state of controlled unconsciousness, where medicines are used to send the child or young person to sleep), especially for the younger patients and for those having more than one joint injected at a time. It is a day case procedure so your child will go home on the same day.

This is a sterile procedure which involves injection of steroid into the affected joint(s). Sometimes there is excess fluid in the joint due to inflammation (this is called effusion) we take this out while your child is still asleep before injecting the steroid (this is called aspiration).

Occasionally an older patient having one joint injected may prefer not to have a general anaesthetic, we then may use entonox (gas and air) as sedation and pain relief. This is also very effective.

What will happen afterwards?

After discharge home we recommend rest for 24 hours, but then continue with exercise as advised after this. You should call the hospital if:

- The injection site looks red, swollen and feels hotter than the surrounding skin
- The injection site is oozing
- There is a lot of pain and pain relief does not help
- Your child has a temperature of 38°C or higher

You will get an appointment with the rheumatology team through the post around two months after the joint injections, please contact them earlier if you have any queries or concerns.

Further information can be found at the Children's Chronic Arthritis Association on www.ccaa.org.uk

Contacts and useful links

Paediatric Assessment Unit

01902 69695047 (24 hours)

Paediatric Rheumatology adviceline

07827 084311

Paediatric Rheumatology Secretary

01902 695418

Support and Information website

<https://www.ccaa.org.uk>

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。