Inflammatory Arthritis: Flare Management

Is this a Flare?

Consider

- Symptoms/signs convincing for inflammatory arthritis
- Co-morbidities e.g. fibromyalgia, osteoarthritis, mechanical pain
- Alternative diagnoses e.g. infection

Suspected Flare

Advise rest, application of ice/heat, increase analgesia +/- NSAIDs

No improvement

IM or IA steroid
Escalate DMARD if possible

No improvement

Contact Advice Line