

DETECTIVE ALBA'S



FACT-FINDING MISSION
METHOFILL® (METHOTREXATE)
SELDOSE SUPPORT PACK



Methofill®
Methotrexate
SELF DOSE

DETECTIVE ALBA IS ON THE CASE

In the UK around 15,000 children and teenagers are affected by arthritis¹ and many are on a methotrexate treatment, such as Methofill®. Arthritis is often associated with older people, but it can affect anyone. Most types of childhood arthritis are known as Juvenile Idiopathic Arthritis (JIA).¹ Sometimes, learning about arthritis and its treatment can be overwhelming. That's why Detective Alba has made it her mission to help you find out more about JIA and Methofill®.

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WHAT IS JUVENILE IDIOPATHIC ARTHRITIS (JIA)?



There are different types of JIA. Each may affect different parts of the body, causing a range of symptoms.

JIA is an autoinflammatory disease. This means that the immune system is overactive and therefore attacks the body's own cells and tissues. This leads to inflammation (swelling and redness), joint pain and stiffness.^{2,3,4}

There are seven different types of JIA:^{2,4}

- 1. Systemic JIA** affects the whole body and many joints become stiff and swollen. Additional symptoms include high fevers, rashes, enlarged spleen and lymph nodes (glands that help fight infections).
- 2. Oligoarthritis** affects four or fewer joints and these are typically the large ones like the knees, ankles or elbows. This is the most common type of JIA.
- 3. Polyarticular arthritis, rheumatoid factor negative** means that children with this type of JIA test negative for proteins called rheumatoid factors which can attack healthy tissue. Five or more joints are affected, most commonly the small joints of the hands and the weight-bearing joints (like the knees, hips and feet).
- 4. Polyarticular arthritis, rheumatoid factor positive** means children test positive for these rheumatoid factors. This type of JIA is the most similar to adult arthritis and is one of the least common types of JIA.
- 5. Psoriatic arthritis** means that psoriasis (a scaly red rash that can start behind the ears, on the eyelids, elbows, knees or scalp) and arthritis occur together. Your child's fingernails and toenails might also be affected.
- 6. Enthesitis-related arthritis** commonly affects the hips, knees and feet, but can affect the upper body as well. Inflammation typically occurs at areas where tendons connect to bones (known as entheses). Children with this form of JIA may also have juvenile ankylosing spondylitis (where joints of the lower back are inflamed).
- 7. Undifferentiated arthritis** is the name for when someone's arthritis doesn't fit into any of the above categories or falls into more than one category.

It's not known what causes JIA to develop in children and this is what the term 'idiopathic' means. Although there is no cure, early treatment can help to get the disease under control and ease symptoms.²

HOW DOES JIA AFFECT CHILDREN?

Children may experience a range of symptoms which can change over time. Symptoms may include:^{4,5}



Fatigue (tiredness)



Difficulty walking



Loss of appetite



Lung disease (causing shortness of breath)



Blurry vision and dry eyes



Heart muscle damage



Delayed growth



Delayed onset of puberty



Thinner and more fragile bones



Weight loss or gain



Difficulty chewing or brushing teeth



Abdominal pain and diarrhoea



Neck pain or stiffness

There is no cure for JIA, but early and effective treatment can help to control symptoms and slow joint damage.^{2,4}



'Symptoms' is the word doctors use to describe how an illness is affecting someone. People with the same illness can have different symptoms, or similar ones. Regularly reviewing your child's symptoms with your doctor may help them to confirm the type of JIA your child has and if their treatment is working as expected.

WHAT IS METHOFILL® SELFDOSE AND HOW DOES IT WORK?

Methofill® SelfDose is a self-injection device designed to help you administer the medicine called methotrexate.

Methotrexate is a 'disease modifying anti-rheumatic drug'. Methotrexate works by combatting an overactive immune system to reduce its harmful effects. By reducing inflammation in the body, it reduces the symptoms of JIA and helps to prevent long-term damage to the joints.⁶

Alongside methotrexate, children may also be asked to take folic acid. This is a man-made version of vitamin B9 and helps to reduce certain side effects of methotrexate, such as vomiting and diarrhoea.⁷



Make sure your child does **NOT** take folic acid on the same day as their Methofill® SelfDose injection. It can stop the medicine from working properly.⁷

Methofill® SelfDose should be administered weekly by a parent/caregiver if the child is too young to self-inject. Methotrexate is a cytotoxic drug and should be kept out of reach and sight of children.



HOW TO INJECT METHOFILL[®] SELFDOSE

BEFORE YOU BEGIN⁸

- Read the **package leaflet** carefully and always use the injection technique advised by the doctor or nurse during your training
- Choose a clean, well-lit space to administer the medication
- Check the expiration date on the package. **Do not use** if the expiration date has passed the last day of the month
- Gather an alcohol swab and a cytotoxic sharps container

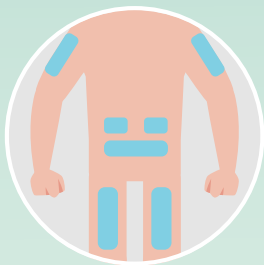
PREPARATION⁸

STEP 1.



- Wash your hands with soap under warm running water

STEP 2.



- Choose the injection site, this could be the abdomen, thighs or back of the arms (please note the option to inject in the back of the arm is only if a healthcare professional or a parent/caregiver is injecting)

STEP 3.



- Clean the injection site using an alcohol swab. Allow for the disinfectant to air dry

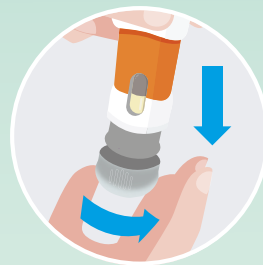
PRE-INJECTION⁸

STEP 4.



- Inspect the liquid in the window. Check for any changes in colour, cloudiness or large particles

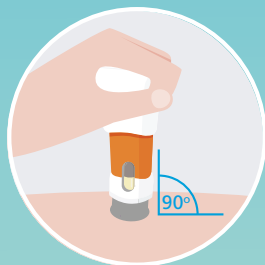
STEP 5.



- Twist and pull off bottom cap. Keep your hands away from the needle guard after the cap is removed. Do not recap
- Dispose of the bottom cap immediately. Do not inject if the injector is dropped after removing the cap
- Inject within 5 minutes of removing the cap

INJECTION⁸

STEP 6.



- Position the injector straight onto the skin at the chosen injection site (about 90 degrees relative to injection site)

STEP 7.



- Push the handle straight down, the medication will be injected as you push. Do this at a speed that is comfortable for caregiver and patient
- Do not lift the injector during the injection as the needle guard will lock and the full dose will not be delivered

STEP 8.



- Injection is completed when the handle has been pushed down as far as possible, you will hear a click and the orange body will no longer be visible

STEP 9.



- Lift the injector straight up, the yellow band indicates that the needle guard is locked

DISPOSAL⁸

STEP 10.



- Dispose of the used Methofill[®] SelfDose by placing the injector in an approved cytotoxic sharps container. Regulations vary by region. For ease of disposal, Methofill[®] SelfDose requires a large aperture and fill volume cytotoxic SharpsSafe[®] bin (1.8 litre or above). If you are unsure that this is what you have been given and you are struggling to dispose of your device, check with your doctor or pharmacist
- Injector must not be disposed of in household waste

BE CAREFUL

- Methotrexate is for injection only. If anyone gets methotrexate on their skin or in their eyes, nose or mouth, the affected area must be rinsed immediately with plenty of water
- If you or someone around you is injured by the needle, consult your doctor immediately and do not use the Methofill[®] pre-filled injector





DETECTIVE ALBA'S TOP TIPS FOR INJECTION



Always **clean the injection site** before administration. Keeping the injection site clean will help minimise the risk of infection.



Control the speed of the injection. Inject Methofill® SelfDose at a speed both caregiver and patient are comfortable with.



Rotate the injection site. It is important to rotate the injection site. Doing so will help the skin to recover after the injection. If the same injection site is used repeatedly, hardened areas may appear under the skin (lipodystrophy).^{9,10}



WHAT IF...

I forget to administer Methofill® SelfDose?

If you forget a dose do **not** give a double dose to make up for a forgotten dose.

I accidentally administer an extra/too many injections?

If you have given more Methofill® than has been prescribed, talk to your doctor immediately.

I want to stop using Methofill® SelfDose?

If you want to stop using Methofill® SelfDose, talk to your doctor immediately.

Stopping treatment too early or without medical advice can have a negative effect on the condition.

I notice a side effect?

If you notice any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

You can also report side effects directly via the Yellow Card Scheme at

<https://yellowcard.mhra.gov.uk> or search for the MHRA Yellow Card app in the Google Play or Apple App Store. Please also report side effects directly to Accord-UK Ltd by calling (0)1271 385257 or email medinfo@accord-healthcare.com.

By reporting side effects you can help provide more information on the safety of this medicine.

Please read the Package Leaflet for full product information.

LIFESTYLE CHANGES

In addition to taking Methofill® SelfDose, there are some lifestyle habits you could look at to help manage symptoms.

HEALTHY EATING

Children with JIA do not have to be on a specific diet. However, anti-inflammatory effects have been shown in rheumatoid arthritis patients with healthy diet choices, including:¹¹



Fatty fish



Vegetables



Fruits



Whole grains

Also, try to replace highly processed, sugary foods with unprocessed, whole foods wherever possible.¹¹

SLEEPING WELL

Doing exercise needs to be balanced by getting a good night's sleep. Sleeping well helps to reduce stiffness, joint pain and fatigue.¹³



BEING ACTIVE

Exercise is really important for all children, especially those with JIA. Certain forms of exercise can help with joint flexibility and muscle and bone strength. These include:¹²



Aquatic exercise



Yoga




Swimming

HOT AND COLD TREATMENTS

Hot and cold treatments can be beneficial for pain management. Hot treatments (e.g. warm baths and heat pads) may be helpful for stiff joints and sore muscles. Alternatively, if your child experiences sharp and sudden pain, cold treatments (e.g. ice packs) may help to numb painful areas and reduce inflammation.¹⁴ Always speak to your doctor, pharmacist or nurse before using any hot or cold treatments.





KEY INFORMANTS ON THE JIA CASE

National Rheumatoid Arthritis Society (NRAS): www.nras.org.uk/jia

JIA at NRAS: jia.org.uk

Versus Arthritis: www.versusarthritis.org

Children's Chronic Arthritis Association (CCAA): www.ccaa.org.uk



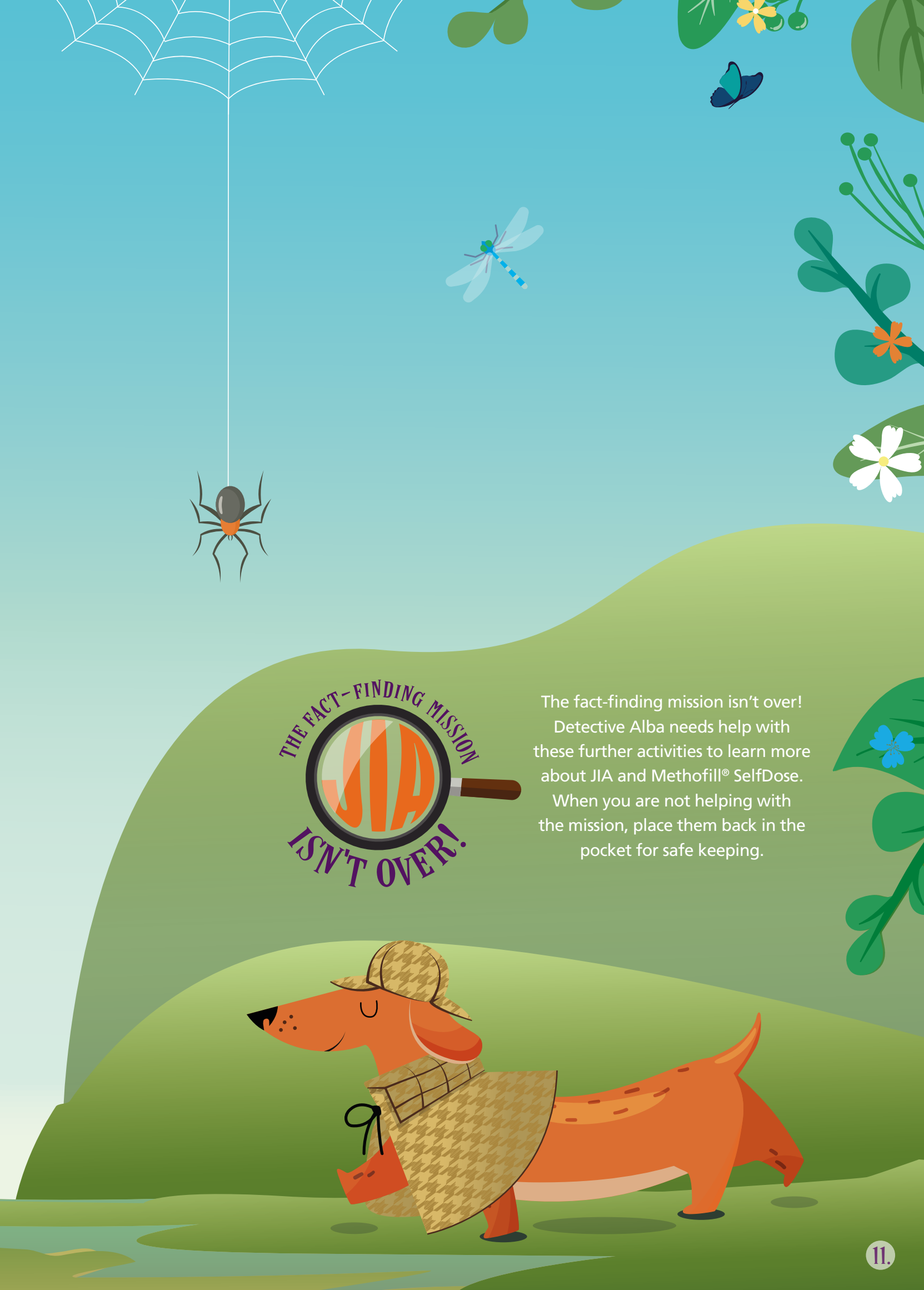
MAKE SURE YOU KNOW WHO TO CALL.

Healthcare professional's name (e.g. nurse): -----

Phone number: -----

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The fact-finding mission isn't over!
Detective Alba needs help with these further activities to learn more about JIA and Methofill® SelfDose. When you are not helping with the mission, place them back in the pocket for safe keeping.



DETECTIVE ALBA HAS BEEN BROUGHT TO YOU BY

accord
Autoimmune

REPORTING OF SIDE EFFECTS

If you notice any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk>

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