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International Pediatric Rheumatology Association, **PFAPA**
Workshop

1. PFAPA

1.1 What is PFAPA

PFAPA is a recurrent febrile illness of unknown aetiology that is characterized by periodic fever, ulcers of the mouth, pharyngitis, and lymphadenopathy. It is most commonly seen in children aged 3-5 years and was first described by Marshall's in 1987.

1.2 Pathogenesis

PFAPA is a recurrent febrile illness of unknown aetiology.

1.3 Clinical features

The clinical features of PFAPA include periodic fever, ulcers of the mouth, pharyngitis, and lymphadenopathy. The fever is typically high (39-40°C) and lasts for 3-7 days. The mouth ulcers are usually painless and located on the buccal mucosa. The pharyngitis is mild and does not require antibiotics. The lymphadenopathy is usually bilateral and involves the cervical lymph nodes.

1.4 Diagnosis

The diagnosis of PFAPA is based on the clinical features and the exclusion of other causes of fever.

1.5 Treatment

The treatment of PFAPA is usually with corticosteroids, which can provide rapid relief of the fever and other symptoms.

1.6 Prognosis

The prognosis of PFAPA is generally good, with most children outgrowing the condition by the age of 3-6 years. However, some children may have a relapsing course, with recurrent episodes of fever and other symptoms.

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