We NEED you to KNOW Kawasaki Disease

International Kawasaki Disease Awareness Day
26 January 2025

societi *We are the UK Foundation for* **Kawasaki Disease**

International **Kawasaki Disease** *Awareness Day – 26 January 2025*

Awareness raising pack

Kawasaki Disease *is the leading cause of acquired heart disease in children in the UK*

...it's time we changed that

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Awareness raising posters and leaflets

Click to donate

Donate

Please consider a donation to Societi Foundation. It's quick and simple to make a donation via JustGiving.

Thank you for downloading our awareness raising posters and leaflets pack. Raising awareness of Kawasaki Disease is the best way to ensure affected children are diagnosed and treated early. This WILL reduce the rate of life long heart damage in our children - THANK YOU!

We've created this poster pack to make it easy for you to download and print Kawasaki Disease information that can be handed out or displayed in your local community.

Click the red bars below to go straight to the resource or scroll though the pack to see all our posters. If you're unable to print out the information in this pack but would still like to raise awareness in your area, please do get in touch and we can send you the resources you need.

And... whatever you do to raise awareness – and wherever you do it – please do let us know! We'd love to promote what you're doing!

TEMPERS information leaflet

Our TEMPERS information leaflet includes a handy nmemonic to help you easily remember the symptoms of Kawasaki Disease. It also includes lots of other useful information too and is great for raising awareness either at events with your friends, family, at work or at school.

General awareness raising poster

Pin this poster in any busy place – from your place of work or school to your local Post Office – and help us let people know about Kawasaki Disease.

Clinician's information poster

This poster is designed to give clinicians some of the important facts about Kawasaki Disease. Why not pop some over to your local GP surgery or A&E department?

Kawasaki Disease Myths & Facts

Developed following many 'Kawasaki Conversations' with doctors and families who have experienced a Kawasaki Disease diagnosis, it's clear that there is out dated information in circulation about Kawasaki Disease which we're keen to help move on.

Kawasaki Disease is predominantly a childhood illness though it can affect people of any age. Its cause is unknown. **Kawasaki Disease is the leading cause of acquired heart disease in children**. Awareness of Kawasaki Disease is currently low and it is often mistaken for other common childhood illnesses, leading to misdiagnosis and delayed treatment. Children who go untreated or who are treated later face higher risks of developing complications including life long heart damage.

Early diagnosis and treatment are key to better outcomes

...for our children

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The UK Foundation for Kawasaki Disease

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Kawasaki Disease?
Remember TEMPERS
Children with **Kawasaki Disease** *are characteristically irritable!*

Temperature - **Persistent high fever**

Erythema - reddened hands and feet with swelling

Mouth - dry, sore mouth, cracked lips, 'strawberry tongue'

Pace - **Treat early** to reduce potential heart damage

Eyes - bloodshot, non-sticky conjunctivitis

Rash

Swollen glands in neck, often just one side

If a child has a **PERSISTENT FEVER** *and two or more of these symptoms* **THINK KAWASAKI DISEASE!**

Kawasaki Disease
is the **#1** *cause of acquired heart disease in children in the UK...*

...help us change this.

Kawasaki Disease - who does it affect?
It is mostly a childhood illness with over 75% of those affected being under 5 years old but it affects older children too.

Kawasaki Disease - what's the issue?
In the UK awareness of Kawasaki Disease is low. Currently UK diagnosis and treatment times are too slow. **39%** of babies (under one year) treated for Kawasaki Disease develop serious heart problems. **28%** of diagnosed children experience heart complications. Overall, **19%** of children treated develop serious heart damage. For a few children every year Kawasaki Disease is fatal ...help us change this. We need everyone to know Kawasaki Disease as early diagnosis and treatment can prevent heart damage. (Data from BPSU Study, Kawasaki Disease UK & Ireland 2013-2015)

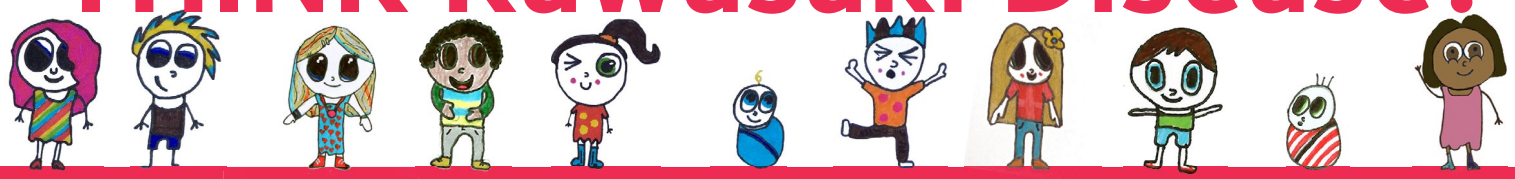
Kawasaki Disease - how common is it?
Hospital admissions in England for Kawasaki Disease have increased fourfold in the last ten years. It's more common than some types of meningitis. About 1 in 10,000 children are currently diagnosed each year and very poor levels of awareness mean many more children may be affected.

Kawasaki Disease - what can I do?
Know the symptoms and remember, symptoms may not appear all at once. Not all children present with all symptoms so - if a child has a **PERSISTENT FEVER** for 5 DAYS or more with 2 or more of the symptoms overleaf THINK Kawasaki Disease and seek URGENT medical advice. **You** could save a child's heart.

Kawasaki Disease is serious! Awareness is urgent!
Today, most people haven't heard of Kawasaki Disease. That's one of the biggest challenges we face. Help us get it known because Kawasaki Disease is increasingly common in the UK. Too many children and young people today have lifetime heart damage because of Kawasaki Disease ...help us change this.
For more information visit societi.org.uk

Endorsed by
RCPCH
Royal College of Paediatrics and Child Health
Leading the way in Children's Health

THINK Kawasaki Disease!



Kawasaki Disease *is the leading cause of acquired heart disease in children in the UK. It's time we changed that...*

...Together we will

Kawasaki Disease Symptoms:

- **Persistent fever**
- Bloodshot eyes
- Swollen glands
- Cracked lips/ 'strawberry' tongue
- Swollen fingers/toes
- Rash

If a child has a **persistent high fever** for 5 days or more, with TWO or more of these symptoms please **THINK Kawasaki Disease**

Kawasaki Disease can be present with **some or all** these symptoms

Kawasaki Disease is **increasingly common** in the UK

Please **EXPECT** to see it, be **READY** to treat it!

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EARLY TREATMENT IS KEY

PLEASE DON'T DELAY! Children diagnosed and treated in **less than 5 days** from onset of fever have a **much reduced risk** of life long heart damage

BABIES UNDER 1 YEAR

can show **fewest symptoms** but have the **highest risk** of serious heart damage

Kawasaki Disease is mostly a childhood illness and there's no known cause. It's **the leading cause of acquired heart disease in UK children**.

It's **often mistaken** for other common childhood illnesses, leading to delayed treatment. Children who are untreated or who are treated later face a much higher risk of developing serious complications, including life-long heart damage.

Babies under one year are at greatest risk of serious heart damage. **Early diagnosis and treatment is critical.**

Current UK & Ireland Outcomes for Kawasaki Disease

7+ days — The current average diagnosis time for Kawasaki Disease is 7.8 days **This is too slow!**

39% — 39% of babies with Kawasaki Disease develop coronary artery aneurysms **This is too high!**

19% — 19% of children overall develop coronary artery aneurysms **This is too high!**

28% — 28% of children overall have some heart damage **This is too high!**

TOGETHER WE CAN CHANGE THIS!

Data from Tulloh et al, Kawasaki Disease: a prospective population survey UK & Ireland 2013-15

@SocietiFoundation
@societi_uk_kd

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THINK Kawasaki Disease...

...for our children

Kawasaki Disease *is the leading cause of acquired heart disease in UK children...*

...faster diagnosis and treatment can change that!

Symptoms

Remember **TEMPERS**

Children with **Kawasaki Disease** *are characteristically irritable!*

If a child has a **PERSISTENT FEVER** *& two or more of these symptoms* **THINK KAWASAKI DISEASE!**

T Temperature - **Persistent high fever**

E Erythema - reddened hands and feet with swelling

M Mouth - dry, sore mouth, cracked lips, 'strawberry tongue'

P Pace - **Treat early** to reduce potential heart damage

E Eyes - bloodshot, non-sticky conjunctivitis

R Rash

S Swollen glands in neck, often just one side

Case History

Case history is important in **Kawasaki Disease -** *symptoms can appear over time. Not all symptoms appear in all children*

Differential Diagnosis

When ruling out the many other causes of fever in children...

~~*Virus?*~~ ~~*Scarlet Fever?*~~

~~*Meningitis?*~~ ~~*Tonsillitis?*~~

Please...THINK Kawasaki Disease

~~*Slapped Cheek?*~~

~~*Strep Throat?*~~ ~~*Measles?*~~

Acute **Kawasaki Disease** *is always an* **emergency!**

Persistent Fever

Kawasaki Disease *should always be considered in any child with unexplained* **persistent fever**

Babies under 1

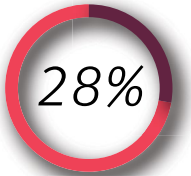
Babies under 1 *may have fewest symptoms but* **39% develop coronary artery aneurysms**

Increasingly Common

Hospital admissions are rising: doubling every 10 years globally

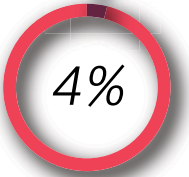
EXPECT *to see it,* **BE READY** *to treat it*

Heart Damage*



Where we are today
of treated children with heart damage

This is too high!



Where we need to be
(or less) of treated children with heart damage

Treatment Time*

Refer URGENTLY for **treatment within 5 days** *from onset of fever*

BPSU study findings show children treated early had a lower risk of lifetime heart damage than children treated later.

EARLY TREATMENT IS KEY *to reduce risk of heart damage*

...PLEASE DONT DELAY!

Numbers to Remember*

39% *of treated infants develop coronary artery aneurysms*

19% *of treated children overall develop coronary artery aneurysms*

#1 *cause of acquired heart disease in UK children*

**BPSU: Kawasaki Disease, a propsective population survey, UK and Ireland 2013-2015; R Tulloh et al*

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Think you know **Kawasaki Disease***?*
Here are some common clinical **myths** *and the* **facts** *behind them!*

This "Myths and Facts" summary has been prepared for clinicians with input from Professor Robert Tulloh, internationally recognised expert in Kawasaki Disease. These myths hamper care and delay diagnosis - and so adversely affect outcomes for children. Please contact us if you know of other myths and we'll help debunk those too!

Symptoms & Treatment

Myth: A characteristic symptom of Kawasaki Disease essential for diagnosis is peeling of fingers/ soles of feet

Fact: If skin peeling occurs - and it only appears in some patients - this will only occur after 10-21 days. **Never** dismiss a case on the basis of skin peeling being absent

Myth: There is a treatment window for IVIG of 10 days

Fact: There is no "window" or cut off point for IVIG. If clinical benefits are possible and inflammation is ongoing (fever, elevated CRP) - TREAT!
And **do not delay** IVIG assuming a 10 day window for effective treatment. Current treatment times are too slow. Aim to treat at 5 days (ASAP) after fever onset - early treatment is key to reduce risk of heart damage!

Myth: Kawasaki Disease has no characteristic symptoms

Fact: The strongest defining symptom which should always trigger suspicion of Kawasaki Disease is a persistent, high unremitting fever for 5 days

Myth: IVIG reduces heart damage from 25% to 5%

Fact: **19%** of all children develop permanent damage and **39%** infants develop coronary artery aneurysms despite IVIG - linked to delayed treatment. Early treatment is critical!

Heart Damage

Myth: Kawasaki Disease rarely causes heart damage

Fact: In the UK, 28% of affected children have heart damage, 19% have lasting coronary artery aneurysms. 39% of infants develop coronary artery aneurysms. Late treatment is linked to poorer outcomes

Who & How Many?

Myth: Child is too young / too old for Kawasaki Disease

Fact: You **will** see Kawasaki Disease in very young and older children. It can be most severe in infants (under 1yr) and c.25% of those affected are older than 5 years.

Myth: Kawasaki Disease is very rare, you'll never see it

Fact: Kawasaki Disease is **increasingly common**. Cases are doubling globally every 10 years. In England, hospital admissions for Kawasaki Disease increased fourfold in the last decade. It's more common than bacterial meningitis and measles. Please EXPECT to see it and be READY to treat it

Diagnosis

Myth: Echocardiograms are a useful way to confirm a Kawasaki Disease diagnosis

Fact: Echo is very useful to confirm heart damage but Kawasaki Disease if treated early, does not always lead to heart damage. Echo can help diagnose an atypical case. **Never delay treatment** awaiting access to an echo if Kawasaki Disease is suspected

Myth: Persistent fever plus all 5 symptoms must all be present to confirm a diagnosis of Kawasaki Disease

Fact: **47% of UK/Ireland cases are incomplete** i.e. do not have all symptoms. Kawasaki Disease can be diagnosed with fewer symptoms - **not all patients exhibit all symptoms** and symptoms can appear in series. If a child presents with persistent fever and 2 or more Kawasaki Disease symptoms, always THINK Kawasaki Disease

Impacts

Myth: The only lasting damage from Kawasaki Disease is to the heart

Fact: Kawasaki Disease is a systemic disease and effects can be wide ranging. It can affect hearing, sight, kidneys, joints and cause hydrops of the gallbladder. It can also cause behavioural issues. See Societi Long Term Effects leaflet*

Long-Term Care

Myth: After coronary artery aneurysms have 'resolved', patients can be fully discharged from care

Fact: All patients with heart damage which persist beyond the acute phase (even if it 'resolves' later) require **lifelong specialist care** and are at increased risk of major cardiac events (see NHSI PSA 5/2016*)

Myth: There are no known future health risks for patients

Fact: Patients with lasting cardiac damage are known to be at **higher risk of artery stenosis** and calcification. Lifetime specialist care is essential. See Lifetime cardiac management guidance for clinical follow up regime

Myth: A past patient history of Kawasaki Disease is an irrelevant clinical consideration later in life

Fact: **Adverse cardiac events** with atypical presentation can occur in patients with a past history of Kawasaki Disease and this history should always inform clinical care - see NHSI Patient Safety Alert May 2016*

Please see societi.org.uk - Resources - For Clinicians - Here you will find the Lifetime cardiac management guidance , Societi long term effects leaflet and the *May 2016 NHSI Kawasaki Disease Patient Safety Alert

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