

Beebe Healthcare
Margaret H. Rollins School of Nursing
N101 – Foundations of Nursing

	OA	RA
Patho	<ul style="list-style-type: none"> • A Slowly progressive noninflammatory disorder of the diarthrodial joints/articular joint cartilage • Complex interaction of genetic, metabolic, and local factors leads to the development of OA 	<ul style="list-style-type: none"> • Chronic, systemic autoimmune disease; inflammation of connective tissue in diarthrodial joints • a chronic systemic autoimmune disease that primarily affects the lining of the synovial joints • Joint changes from chronic inflammation begin when the hypertrophied synovial membrane invades the surrounding cartilage, ligaments, tendons, & joint capsule.
Risk Factors	<ul style="list-style-type: none"> • Age • Decreased estrogen at menopause • Obesity • Anterior cruciate ligament injury • Frequent kneeling and stooping • Smoking • Trauma 	<ul style="list-style-type: none"> • Age • Obesity • Smoking • Genetics/ family history
S&S	<ul style="list-style-type: none"> • Joint pain • Joint tenderness • Joint stiffness • Crepitation • deformity 	<ul style="list-style-type: none"> • Fatigue, anorexia, weight loss, generalized stiffness that becomes localized stiffness with progression • Small joints mostly • Soft tissue swelling • Morning stuffiness of joints
Dx	<ul style="list-style-type: none"> • Bone scans • CT • MRI • Xray • Synovial fluid analysis 	<ul style="list-style-type: none"> • Joint involvement • Serology • Acute phase reactants • Duration of symptoms • Labs • Anti-CCP • Synovial fluid analysis • Tissue biopsy to confirm early inflammatory changes • XRAY
Tx	<ul style="list-style-type: none"> • Managing pain and inflammation • Preventing disability • Maintaining and improving joint function • Education 	<ul style="list-style-type: none"> • OT • PT Drug therapy • Education • surgery

	<ul style="list-style-type: none"> • Behavior, psychosocial and physical interventions • Drug therapy with topical, oral, intraarticular agents • surgery 	
NI	<ul style="list-style-type: none"> • Education • Behavior, psychosocial and physical interventions • Drug therapy with topical, oral, intraarticular agents • Ice and heat therapy • ROM • Aerobic conditioning 	<ul style="list-style-type: none"> • Drug therapy • self-management strategies • exercise • patient / caregiver teaching • Ice and Heat therapy • Rest periods • relaxation techniques • joint protection • TENS