

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

	OA	RA
Patho	Gradual loss of articular cartilage. Formation of osteophytes at joint margins. Not normal aging process. Slowly progressive noninflammatory disorder. It is a complex interaction of genetic, metabolic, and local factors that lead to OA.	Chronic, systemic autoimmune disease, inflammation of connective tissue in synovial joints. Changes begin with an initial immune response to an antigen. The Antigens trigger the formation of abnormal immunoglobulins, Rheumatoid factor and IgG make immune complexes that initially deposit in synovial membrane or superficial articular cartilage in joints (RA= +autoantibodies RF), an inflammatory response happens, then neutrophils are attracted to the site if inflammation and release enzymes that damage articular cartilage
Risk Factors	Age, decreased estrogen at menopause, obesity, anterior cruciate ligament injury, frequent kneeling and stooping, smoking, trauma	Age, smoking, family history, obesity
S&S	Joint pain, Joint tenderness, Joint stiffness after periods of rest or unchanged position, crepitation, affects joints asymmetrically, Deformity	Fatigue, anorexia, weight loss, generalized stiffness that becomes localized stiffness with progression, limited motion, and signs of inflammation, pain increase with motion
Dx	Bone scan, CT scan or MRI show early joint change, x-ray detect space narrowing, increased bone density, and osteophytes. Synovial fluid analysis	History and physical findings, increase in anti-CCP, ESR, CRP, synovial fluid analysis, tissue biopsy
Tx	Managing pain and inflammation, Drug therapy, maintaining and improving joint function, Complementary and alternative therapies such as acupuncture and massages, lastly surgery	Drug therapy depending on disease activity, level of function and lifestyle, anti-inflammatories
NI	Educate on way to manage pain, how to conserve energy by clustering care and the proper use of any assistive devices, Apply heat and cold applications, encourage exercise with PT	, educate pt. on the disease process, teach the importance of adherence to the medication, manage pain, prevent or correct joint deformity, help pt. exercise and educate and teach pt. the importance of exercise

--	--	--