

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

	OA	RA
Patho	Gradual loss of articular cartilage Formation of osteophytes @ joint margins NOT normal part of aging process Cartilage destruction	EXACT CAUSE UNKNOWN Autoimmune etiology Antigen triggers Abnormal bodies develop abnormal IgG
Risk Factors	Age ↓ Estrogen @ menopause obesity Frequent kneeling + stooping Smoking	Misc unknown
S&S	White involvement Varus - bowlegged Valgus - knockkneed Heberden's nodes Bouchard's	Onset typically subtle Specific joint involvement + pain w/ motion Often affects small joints (PIP, MCP, ATN) Symptoms OCCUR asymmetrically Joint space loss articular inactivity
Dx	Bone Scan, GScan, MRI XRay - detect joint space narrowing Baseline labs - no specific labs	Synovial fluid analysis Tissue biopsy to confirm early inflammatory changes X-rays (not done for diagnosis)
Tx	Drug Therapy NSAID DMOADS topical agents COX-2 inhibitor - Celebrex	metformin (early) BRN's Surgical therapy
NI	Ice helps reduce swelling during acute inflammation Heat for stiffness Exercise - ROM, muscle strengthening Balance exercises	therapeutic heat and cold, rest, relaxation techniques Therapies that promote optimal comfort + fit + lifestyle Nutrition therapy PT + family teaching Splinting Skin care ROM exercises