

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

	OA	RA
Patho	The development of osteoarthritis is complex genetics, metabolic and local factors interact to cause cartilage deterioration from damage at the level of chondrocytes. The effective cartilage becomes less elastic and softer. It becomes less able to endure heavy. Use the bodies attempts at college and repair cannot keep up with the destruction of osteoarthritis as the cartilage structure in the cartilage changes. Articular surfaces become cracked and warm wall central cartilage becomes thin cartilage at the joint becomes thicker, but osteophyte form joint services become uneven, affecting distribution of stress across the joint and causing reduced motion.	Auto immune disorder, beginning with a genetically susceptible person who has an initial immune response to an antigen. Triggering a formation of abnormal immunoglobulins G the auto antibodies are known as rheumatoid factor. They combine with IgG to form immune complexes, which are deposited in synovial membranes, or superficial articular cartilage in the joints. Leading to an inflammation response. Neutrophils are attached to these inflammation states and release proteolytic enzymes that damage articular cartilage and cause synovial lining to thicken.
Risk Factors	<ul style="list-style-type: none"> - Age - Menopause - Obesity - Work that requires frequently kneeling, and stooping 	<ul style="list-style-type: none"> - Smoking - Genetic predisposition of human leukocyte antigens - Obesity
S&S	<ul style="list-style-type: none"> - Pain - Stiffness - Swelling - Tenderness - Grading sensation - Limited range of motion 	<ul style="list-style-type: none"> - Joint pain and swelling - Stiffness - Warmth and redness, - Joint deformities - Fatigue
Dx	<ul style="list-style-type: none"> - X-ray - CT - MRI - Arthroscopy 	<ul style="list-style-type: none"> - X ray - CBC - ESR, CRP - Antibodies to citrullinated peptide - Synovial fluid analysis
Tx	<ul style="list-style-type: none"> - Joint replacement - Injections - Drug therapy - Pain management 	<ul style="list-style-type: none"> - Drug therapy - pain management - Surgery; arthroscopy, arthroplasty, synovectomy
NI	<ul style="list-style-type: none"> - Nutrition and weight management counseling - Rest and joint protection - Use of assistive devices - Heat and cold application - TENS 	<ul style="list-style-type: none"> - Nutrition and weight management counseling - Therapeutic exercise - Rest and joint protection - Assistive devices - Heat and cold applications