

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

	<b>OA</b>	<b>RA</b>
<b>Patho</b>	Osteoarthritis is a chronic joint disease that causes cartilage degeneration and inflammation. The main two tissues involved are cartilage and synovial membrane. Gradual loss of articular cartilage. Formation of osteophytes at joint margins and cartilage destruction.	Chronic, systemic autoimmune disease, inflammation of connective tissue in diarthrodial joints, periods of remission and exacerbation, exact cause unknown, antigen triggers, autoantibodies develop against the abnormal IgG, continued inflammation, joint changes, highly vascular inflammatory tissue, erodes the articular cartilage, pannus scars and shortens, tendons and ligaments
<b>Risk Factors</b>	Age Decreased estrogen at menopause Obesity Frequent kneeling and stooping Smoking	Age, Gender, family history, obesity, air pollution, periodontitis,
<b>S&amp;S</b>	Deformity, varus, valgus, flexion deformity, Heberden's nodes, Bouchard's nodes	Onset typically subtle, specific joint involvement, often affects small joints, symptoms occur symmetrically, joint stiffness after inactivity, morning stiffness, fingers spindle shaped in early disease, pain increases with motion
<b>Dx</b>	Bone scan, CT scan, MRI, X ray,	History and physical Criteria for diagnosis Lab tests, synovial fluid analysis, tissue biopsy
<b>Tx</b>	DMOADS NSAIDs Topical agents (short acting) Salicylates	Drug therapy: DMARDs BRMs Antibiotic doxycycline and minocycline
<b>NI</b>	Managing pain and inflammation, preventing disability, maintaining and improving joint function, education, drug therapy	Reduction of inflammation Manage pain Maintenance of joint function Prevention or correction of joint deformity

