

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

	OA	RA
Patho	Degenerative joint disease is characterized by breakdown of articular cartilage. The cartilage that cushions the ends of bones in the joint deteriorates over time leading to bone on bone friction.	Autoimmune disorder characterized by chronic inflammation of joints. The immune system mistakenly attacks the synovium lining of the joints.
Risk Factors	Age (natural wear and tear) Previous joint injuries Gender (Women) Genetics Obesity Repetitive stress on joints Lack of physical activity	Family history, obesity, other autoimmune diseases, gender (women), age 30-60, cigarette smoking, environmental factors, pregnancy and menopause.
S&S	Joint pain Joint stiffness Decreased ROM Crepitus Joint swelling and tenderness Bone spurs Joint deformity Joint instability	Pain and tenderness at joints, swelling, stiffness, deformities to joints, fatigue, fever, weight loss, loss of appetite, anemia, pulmonary involvement, risk of cardiovascular issues, decreased ROM and weakness
Dx	Patient H and P X rays or MRI Synovial Fluid Analysis	H and P RF, anti-CCP, ESR, CRP, CBC, Synovial fluid analysis labs X rays, ultrasound, MRI ACR criteria
Tx	Exercise, pain medications like NSAIDS or corticosteroid injections, arthroscopy, joint replacement, osteotomy	Medications for inflammation, and pain Physical Therapy, Occupational Therapy, weight management, exercise, joint replacement, arthrodesis, arthroscopy

NI	Pain management, promoting mobility, weight management, educate on joint protection, assess decreased mobility or infection.	Pain management, ROM exercises, assist with mobility aids, encourage rest, encourage balanced diet, prevent falls
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