

**Preconference Form**

Student Name: Huy Tran

Medical Diagnosis/Disease: Osteoarthritis

**NCLEX IV (8): Physiological Integrity/Physiological Adaptation**

Anatomy and Physiology  
Normal Structures  
Articular cartilage cushions the ends of bones and allows smooth movement. Synovial fluid lubricates and reduces friction in the joint. Bones provide structural support for the joints. Ligaments stabilize the joint. Muscles allow movement around the joint.

Pathophysiology of Disease  
Degenerate of articular cartilage leads to joint space narrowing. Bone on bone contact causes pain and stiffness. Osteophyte formation contributes to decreased mobility and inflammation.

**NCLEX IV (7): Reduction of Risk**

Anticipated Diagnostics  
Labs  
ERC or C reactive protein  
  
Additional Diagnostics  
X-Ray, MRI

**NCLEX II (3): Health Promotion and Maintenance**

Contributing Risk Factors  
Aging  
Obesity  
Joint injuries  
Genetics  
Occupations/activities

Signs and Symptoms  
Join pain and stiffness  
Reduce ROM  
Swelling or tenderness  
Crepitus

**NCLEX IV (7): Reduction of Risk**

Possible Therapeutic Procedures  
Non-surgical  
PT, assistive devices, Injections  
  
Surgical  
Total joint replacement

Prevention of Complications  
(What are some potential complications associated with this disease process)  
Muscle atrophy  
Joint deformities  
Chronic pain  
Joint instability

**NCLEX IV (6): Pharmacological and Parenteral Therapies**

Anticipated Medication Management  
Acetaminophen, NSAIDS, topical analgesics, Intra articular injection

**NCLEX IV (5): Basic Care and Comfort**

Non-Pharmacologic Care Measures  
Weight loss, Exercise, Heat and cold therapy, Ergonomic adjustments

**NCLEX III (4): Psychosocial/Holistic Care Needs**

What stressors might a patient with this diagnosis be experiencing?  
Chronic pain, reduce mobility, stress, depression, Financial

### Client/Family Education

List 3 potential teaching topics/areas

- Regular exercise plans.
  
- Proper use of assistive devices and joint protection techniques
  
- Follow up care.

### NCLEX I (1): Safe and Effective Care Environment

Multidisciplinary Team Involvement

(Which other disciplines do you expect to share in the care of this patient)

PT, OT, dietitian, Orthopedic specialist, Nurse