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 join 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	**NCLEX I** *(1)*: **Safe and Effective Care Environment**
List 3 potential teaching topics/areas Regular exercise plans. Proper use of assistive devices and joint protection techniques Follow up care.	Multidisciplinary Team Involvement (Which other disciplines do you expect to share in the care of this patient) PT, OT, dietitian, Orthopedic specialist, Nurse