

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

	OA	RA
Patho	<p>Gradual loss of articular cartilage (cartilage destruction)</p> <p>Early stage: pain and stiffness, inflammation and thickening of capsule and synovium cause</p> <p>Late stage: increasing pain, uneven weight distribution; bones rubbing together</p>	<p>Inflammation of connective tissue in diarthrodial (synovial) joints, periods of remission and exacerbation</p> <p>Autoantibodies develop against the abnormal IgG. Erodes the articular cartilage and pannus scars and shortens. Symptoms occur symmetrically</p>
Risk Factors	Age, decreased estrogen at menopause, obesity, frequent kneeling and stooping, smoking	Age, sex (female more likely), family hx, smoking, obesity, infections, poor diet
S&S	<p>Joint most affected: hips, knees, fingers, vertebrae, toes</p> <p>Deformities in hands: Heberden's nodes and bouchardes' nodes (knuckles get big), varus (bowlegged), valgus (knock knee), flexion deformity</p>	<p>Joint stiffness after inactivity, morning stiffness, fingers spindle shaped in early disease, pain increases with motion</p> <p>3 kinds: rheumatoid nodules (painless), Sjogren syndrome (damage to tear producing glands), and felty syndrome (enlarged spleen, low WBC which is increased risk for infections)</p>
Dx	Bone scan, CT, MRI, Xray, no specific lab test	History and physical, criteria for diagnosis, lab tests (used to confirm and monitor), tissue biopsy, synovial fluid analysis, Xray,
Tx	No cure (manage pain and inflammation, prevent disability, maintain and try and improve joint function), teaching, behavior, drug therapy (DMOADS, NSAIDS)	Drug therapy (DMARDS, BRMs, gold salts, injections), surgical therapy (synovectomy, total joint replacement), ice, heat, relax
NI	Apply heat and ice therapy, talk to client about medications, balance exercises, ROM, talk with client about mental struggles	Talk with client about wt loss, balanced diet, exercises, apply ice or heat, manage pain, teaching, skin care, body image talk, support systems

