

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

	OA	RA
Patho	A form of arthritis that is characterized by chronic degeneration of articular cartilage in joints. Usually affects the hands, knees, hips, neck, and lower back.	A form of arthritis characterized by a chronic autoimmune disease that causes inflammation and damage in the joints. Usually affects the hands, wrists, feet, ankles, knees, shoulders, and elbows.
Risk Factors	Age, sex (women are more likely), obesity, family history, decreased estrogen at menopause, smoking, frequent kneeling/stooping, and joint injuries/trauma.	Age, sex (women are more likely), family history, smoking, obesity, air pollution, diet, and stress.
S&S	Pain, tenderness, stiffness, edema, limited range of motion, crepitation, clicking/cracking, bone spurs, and loss of flexibility.	Pain, stiffness, edema, morning stiffness in joints, reduced mobility, fatigue, weight loss, fever, loss of appetite, trouble pinching things, difficulty doing ADLs, and eye issues like cataracts/dry eyes.
Dx	It is diagnosed through H & P, X-rays, and MRI. A CBC, RF, and CRP may be done to rule out other causes of joint pain.	Physical exam, ESR, CRP, X-ray, Ultrasound, MRI, and a full blood count test to rule out other causes.
Tx	Medication like corticosteroids and hyaluronic acid substitutes. Also, lifestyle changes like losing weight/exercising, using assistive devices like canes/walkers, and therapies like PT, acupuncture and massage.	Disease modifying antirheumatic drugs, nonsteroidal anti-inflammatory drugs, corticosteroids, PT, exercise, and biologic and biosimilar medicines.
NI	<ul style="list-style-type: none"> -Encouraging exercise and weight loss to decrease pressure on joints. -Pain management through medication, cold therapy, and heat therapy. -Education on how to live with OA. -Assist with low impact exercising like walking. 	<ul style="list-style-type: none"> -Pain management with medications, cold therapy, and heat therapy. -Physical therapy exercises. -Education on infection prevention techniques like good hand hygiene. -Assist with ways to adapt ADL's to better suit the patient.