

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

	<b>OA</b>	<b>RA</b>
<b>Patho</b>	Gradual loss of articular cartilage due to the formation of osteophytes at the joint margins that are not a normal part of aging which leads to destruction.	Continued inflamed joints become pannus due to highly vascular inflammatory tissue that erodes the articular cartilage, pannus scars and shortens tendons and ligaments. Chronic, systemic autoimmune disease that develops antibodies against abnormal IgE
<b>Risk Factors</b>	<ul style="list-style-type: none"> <li>• Age</li> <li>• Decreased estrogen at menopause</li> <li>• Obesity</li> <li>• Frequent kneeling and stooping</li> <li>• Smoking</li> </ul>	<ul style="list-style-type: none"> <li>• Genetics</li> <li>• Pollutants</li> <li>• Age</li> <li>• Infection</li> <li>• Obesity</li> </ul>
<b>S&amp;S</b>	<p>Early: Pain and stiffness, inflammation &amp; thickening of capsule &amp; synovium capsule</p> <p>Late: Increasing pain, uneven weight distribution; bones rub together</p>	<ul style="list-style-type: none"> <li>• Joint stiffness after inactivity</li> <li>• Morning stiffness</li> <li>• Fingers spindle shaped in early disease</li> <li>• Pain increases with motion, intensity varies</li> </ul>
<b>Dx</b>	Bone scan, CT scan, MRI, X-ray, non-specific lab test or biomarkers	H&P, Lab test (used to confirm diagnosis, monitor disease progress), Synovial fluid analysis, tissue biopsy, X-ray
<b>Tx</b>	Education, behavior, psychosocial, and physical interventions, drug therapy with topical, oral, intraarticular agents (NSAIDS, DMAODs)	Drug therapy (Methotrexate, BRMs, Salicylates), Surgical therapy, Nutritional therapy,
<b>NI</b>	Heat and cold applications, Nutrition therapy and Exercises	Pain management, heat & ice, relaxation techniques, psychological support, patient and family teaching, rom exercises, rest