

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

	OA	RA
Patho	The gradual loss of articular cartilage which then caused the formation of osteophytes at joint margins. -Not a normal part of the aging process -Causes cartilage destruction	-The exact cause is unknown, but there is antigen triggers, autoimmune etiology, antibodies develop against abnormal IgG, there is continued inflammation, joint changes, pannus, highly vascular inflammatory tissue, pannus scars and shortens, effects tendons and ligaments.
Risk Factors	-Age, decreased estrogen during menopause, smoking, obesity, frequent kneeling and stooping, genetics, low bone density	-Genetic factors (HLA-DR4 and HLA-DR1 genes), family history, gender (women), age, smoking, obesity, infections, environmental exposures, autoimmune diseases, nutrition
S&S	-Deformity of the Heberden's nodes, Bouchard's nodes in the hands, bowlegged, knock-knee, flexion deformities, joint pain, warmth, swelling, stiffness	-Often affects small joints (PIP,MCO,MTP) causes joint stiffness and inactivity, stiffness in the morning, fingers spindle shaped, pain increases with motion and the intensity varies, loss of joint function, swelling and warmth, carpal tunnel syndrome
Dx	-Bone scan, CT, MRI, X-Rays	-History and physical, serology, lab test, synovial fluid analysis, biopsy tissue, X-rays
Tx	-There is no cure for OS only management -Inflammation and pain management, preventing disability, maintaining and improving joint function	-Drug therapy: Mexthotrexate for early treatment, BRMS (etanercept/Enbrel, infliximab/remicade, adalimumab/humira), antibiotics, immunosuppressants, gold salts, corticosteroids, injections, weight loss, PT/OT, stress management, diet
NI	-Drug therapy (NSAIDS, topical agents, OTC creams, diclofenac gel, salicylates, supplements, injections), ROM, Heat & Cold applications, weight management, promote sleep, education	-Therapeutic heat and cold, rest, relaxations techniques, skin care, ROM exercises, lightweight splints, patient/family teaching, comprehensive programs, joint protection, psychosocial support