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

	OA	RA
Patho	OA occurs due to physical stress on the body, physical changes that effect the joint and other risk factors such as age or genetics. Clients with this condition have high levels of pro inflammatory markers, these eventually cause joint deuteration. The articular cartilage may erode or become irregular. If there are erosions, they will gradually spread effecting more surface. Ultimately causing pain of the effected joint.	Autoimmune disorder where the immune system attacks the joints. This causes pain, inflammation, and joint damage. Often effects the small joints in the hands and the feet. Mostly effects the lining of the joint instead of the overall joint. This also causes joint erosion and possibly joint deformity. In some clients this condition can affect a wide variety of body systems, besides just the skeletal system.
Risk Factors	Age, Genetics, Joint injury, overuse, obesity, gender, environmental factors, musculoskeletal abnormalities	Smoking, obesity, age, genetics, gender, environmental factors,
S&S	Join Pain, Stiffness, Reduced ROM, Weakness, Loss of balance, Popping or clicking sounds when moving joints	Pain, stiffness, tenderness, swelling, redness, Reduces ROM, loss of balance, weakness, warm, fatigue, fever
Dx	Pain assessment, H and P, X-Ray, Blood tests, Join fluid cultures	H and P, pain assessment, blood tests, x-ray, ultrasound, fluid cultures,
Tx	Exercise, weight loss, PT, hot and cold compresses, removal of joint fluid, injection of medications into the joints (Steroids), analgesics, bone health supplements	Analgesics, PT, warm and cold compresses, OT, Corticosteroids, bone health supplements
NI	Some things that were not indicated in this form was surgical options for OA clients. Surgical options:	Some things that were not indicated in this form was surgical options for OA clients. Surgical options:

	Arthroscopy, Joint replacement, Joint fusion This condition may also change the routine of many clients ADL's and their ability to do many things	Joint Replacement surgery, Tendon repair surgery, Synovectomy This condition may also effect a clients ADL's and ability to do many things