

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

	OA	RA
Patho	The gradual loss of articular cartilage combined with the formations of spurs or osteophytes at the joint line. This is a slowly progressive noninflammatory disorder	A chronic systemic autoimmune disease that is the inflammation of connective tissue in synovial joints. An antigen is present in the body, where IgG then forms to compensate. The production of IgG then influences an immune response, where it occurs in the synovial joints.
Risk Factors	Use of certain medications (corticosteroids) Inflammation Gender (females) Age (increases with age) Joint instability Genetics Mechanical stress (physical activity) Metabolic diseases Skeletal deformities Trauma	Age Gender (women) Family hx Obesity Smoking Diet Environmental toxins Lack of exercise
S&S	Pain Stiffness of joint Limited ROM Grating sensation Crepitation Grating sensation Tenderness	Joint pain, stiffness, swelling Fatigue Weight loss Nodules under skin Fever
Dx	X-ray Bone scan CT scan MRI Synovial fluid analysis ESR	CBC ESR C-reactive protein (CRP) Rheumatoid factor (RF) Antibodies to citrullinated peptide (anti-CCP) Synovial fluid analysis X-ray of involved joint Antinuclear antibody (ANA)

Tx	<p>Nutrition and weight management counseling</p> <p>Rest</p> <p>Use of assistive devices</p> <p>Therapeutic exercise</p> <p>Heat and cold therapies</p> <p>Reconstructive joint surgery</p> <p>Transcutaneous electrical nerve stimulation (TENS)</p>	<p>Drug therapy (disease modifying antirheumatic drugs, biologic response modifiers, NSAIDs, systemic corticosteroids)</p> <p>Nutrition and weight management counseling</p> <p>Therapeutic exercise</p> <p>Psychologic support</p> <p>Rest</p> <p>Use of assistive devices</p> <p>Heat and cold applications</p> <p>Reconstructive surgeries</p>
NI	<p>Pain management</p> <p>Joint mobility exercises</p> <p>Education</p> <p>Use of supportive devices</p>	<p>Pain management</p> <p>Education on disease</p> <p>Emotional support</p>