

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

	OA	RA
Patho	Degenerative disease that affects the cartilage and joints. Noninflammatory and non-systemic. Caused overtime by previous injury or overuse which harms the joints.	Chronic systemic autoimmune disease that causes inflammation in the connective tissue on the diarthrodial (synovial) joints. When the immune system ‘attacks’ the joints.
. Risk Factors	Age >50 Women – decreased estrogen at menopause Obesity Smoking Frequent kneeling	Age 30-50s Unknown exact cause Autoimmune Antigen triggers Autoantibodies against abnormal igG
S&S	Progressing symptoms Pain Crepitus Stiffness “clicking” Worse after movement/exercise	Soft, warm, tender spot Subtle onset, ‘flare up’, ease Morning stiffness Increased pain with motion
Dx	X ray CT/ MRI Normal RF, ESR, CRP	X ray CT/ MRI Elevated RF, ESR, CRP
Tx	Corticosteroid injections PT Pain management	Corticosteroid injections Pain management Surgical – TJP Nutritional therapy
NI	Fall risk preventions Administer pain medications ROM exercises Ice for swelling Heat for stiffness	Fall risk preventions Administer medications ROM exercises