

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

	OA	RA
Patho	Osteoarthritis is a joint disease which the tissues in the joints break down over time. Usually common on older people. It can damage the cartilage, tendons, ligaments, the bone etc... As the damage of the joint progresses, pain, swelling and loss of joint motion develop. Can cause more stress on the joint and it may lose its normal shape	- Rheumatoid arthritis involves an abnormal immune response where the body attacks the synovial lining of joints, causing chronic inflammation, leading to cartilage and bone destruction due to the infiltration of immune cells like macrophages and T cells, which release inflammatory cytokines, ultimately resulting in joint pain, swelling, and deformity.
Risk Factors	-Obesity -joint injuries -genetics -any bone deformities -Age	-Age from 50-59 -family hx -smoking -obesity -lower income families
S&S	-Any sharp pain sensation in the joint when moving it -stiffness/tenderness -limited range of motion -bumps/cysts	-Starts mild or moderate inflammation affecting a few joints -stiffness that is longer than 30 min -fatigue -occasional low-grade fever -loss of appetite
Dx	-Dx by rheumatologist, an arthritis specialist, x-rays or MRI. Lab test	-physical exam -Medical hx -lab test, blood tests -x-rays, MRI
Tx	-NSAIDS -Analgesics -Ibuprofen	Steroids: prednisone NSAIDS -DMARDS
NI	-Exercising -Maintaining a healthy weight -hot or cold therapies -pain management -physical therapy	-pain management through medication -joint protection technique -promoting physical activities -applying warm or cold compress to affected joint to reduce inflammation

