

ALEXA DOLAN

	OA	RA
Patho	<ul style="list-style-type: none"> gradual loss of articular cartilage W/ formation of bony outgrowths (spurs/osteophytes) genetic, metabolic local factors cause cartilage deterioration from damage & the repair of chondrocytes. cartilage becomes a villi, yellow, granular, coarser & less elastic 	<ul style="list-style-type: none"> Genetic & environmental trigger events (autoimmune disorder) Trigger formation of abnormal IgG: autoantibodies: RF Neutrophils attracted to site inflammation which releases enzymes that damage the cartilage & cause synovial lining to thicken Activates CD4 cells (monocytes, macrophages, & synovial fibroblasts) to secrete pro-inflammatory cytokines & TNF
Risk Factors	<ul style="list-style-type: none"> Body can't keep up w/ destruction; no repairs 20 & 30 y/o (50+ develop symptoms) caused by known event or condition that directly damages cartilage genetics estrogen(w), menopause Obesity, exertion jobs 	<ul style="list-style-type: none"> stressful events infection work stress physical exertion child birth surgery emotional upset
S&S	<ul style="list-style-type: none"> Joint pain, insomnia, tendered pain, stiffness, crepitation, unilateral, Heberden's node, Bouchard's nodes, varus deformity, valgus deformity, fatigue fever 	<ul style="list-style-type: none"> fatigue, anorexia, weight loss & generalized stiffness pain, limited motion, signs of inflammation, (swelling, deformity & instability, muscle atrophy, tendon destruction, rheumatoid nodules, Sjogren's syndrome, Felty syndrome, flexion contractures
Dx	<ul style="list-style-type: none"> Bone scan MPI CT scan 	<ul style="list-style-type: none"> positive RF, ESR, CRP, ANA, Anti-CCP, MMP-3, CBC TISSUE BIOPSY, Fluid analysis XRAY Bone scan
Tx	<ul style="list-style-type: none"> Rest & joint protection Heat & cold applications nutrition therapy & exercise ALTERATIVES: tai chi, acupuncture, massage Drug: Acetaminophen, topical agents, NSAIDs, injection of hyaluronic acid 	<ul style="list-style-type: none"> Drug: DMARDs, BMMs, NSAIDs, corticosteroids Balanced nutrition Dietician & OT/PT synovectomy, arthroplasty
NI	<ul style="list-style-type: none"> maintain healthy weight Avoid forceful repetitive joint movements organize care to decrease fatigue & joint pain 	<ul style="list-style-type: none"> Assess pt current mobility & need for assistance Assess performance of ADL's Develop diet & exercise plan w/ pt for attainable goals.