

Alexa Dolgin

	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 & wear level of chondrocytes parietal becomes a villi, villous granulation, factor & less elastic 	<ul style="list-style-type: none"> genetic & environmental trigger (autoimmune disorder) triggers formation of abnormal IgG, autoantibodies: RF enzymes that damage the cartilage & cause synovial lining to thicken performs CD4 cells (monocytes, macrophages, & synovial fibroblasts) to secrete pro-inflammatory cytokines & TNF
Risk Factors	<ul style="list-style-type: none"> Body cannot keep up w/ destruction (no repair) 20 & 30 y/o (SOA develop symptoms) caused by known event or condition that directly damages cartilage genetics estrogen (w/ menopause) Obesity, certain jobs 	<ul style="list-style-type: none"> stressful events infection more stress physical exertion child birth emotional upset
S&S	<ul style="list-style-type: none"> JOINT PAIN, INFLAMMATION, RED SWELLING, STIFFNESS, CRP ELEVATION, URIC ACID, HEPATITIS, BOUTHERN'S NODULE, VITREOUS DETACHMENT, VITREOUS DEGENERATION, FATTY LIVER 	<ul style="list-style-type: none"> fatigue, anorexia, weight loss & generalized stiffness pain, limited motion, signs of inflammation, (Dull/aching activity) deformity & disability, muscle atrophy, tendon destruction, rheumatoid nodules, Sjogrens 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"> Best & Joint Protection Heat & Cold Applications nutrition di therapy & exercise ATTITUDE: patience, acceptance, massage Drug: Acetaminophen, topical agents, NSAIDs, injection of hyaluronic acid 	<ul style="list-style-type: none"> Drug: DMARDs, BMMs, NSAIDs, corticosteroids Balanced nutrition Dietition & 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