

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

|                     | <b>OA</b>   | <b>RA</b>   |
|---------------------|---|---|
| <b>Patho</b>        | Degenerative joint disease; breakdown of cartilage leading to bone-on-bone friction             | Autoimmune disorder; immune system attacks joint lining (synovium)  |
| <b>Risk Factors</b> | Age, obesity, joint injuries, repetitive stress on joints, genetics                             | Genetics, female gender, smoking, periodontal disease, environmental factors                                |
| <b>S&amp;S</b>      | Joint pain, stiffness (especially morning), decreased flexibility, swelling, bone spurs         | Symmetric joint pain, swelling, morning stiffness (>1 hour), fatigue, low-grade fever                       |
| <b>Dx</b>           | X-rays, MRI, joint fluid analysis, physical exam  | Blood tests (RF, anti-CCP), X-rays, ultrasound, physical exam   |
| <b>Tx</b>           | NSAIDs, physical therapy, weight management, joint replacement (severe cases)                   | DMARDs, biologics, NSAIDs, corticosteroids, physical therapy  |
| <b>NI</b>           | Pain management, joint protection education, assistive device training, lifestyle modifications | Medication administration/education, joint protection, energy conservation techniques, psychosocial support |