

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

	OA	RA
Patho	A breakdown of articular cartilage caused by abnormal mechanical loading of the joint, formation of osteophytes at joint margins. Early stage: pain and stiffness occur, inflammation and thickening of joint capsule. Late stage: increased pain, bones begin to rub together.	A chronic autoimmune disease that causes joint inflammation and damage, resulting in pain and functional mobility impairment. Inflammation of connective tissue in diarthrodial joints. Four stages to rheumatoid arthritis, 1. Body acts own joint tissue mistakenly, 2. Body produces antibodies and joints swell, 3. Joints become deformed and nerve pain developed 4. If not treated, no joint remaining
Risk Factors	Participation in high-impact sports (running, soccer, hockey, etc.), obesity, repetitive use, age, family history, hip fracture, low birth weight, previous injury, smoking, decreased estrogen at menopause, frequent kneeling and stooping	Family history history of allergies, female, sex, menopause, tobacco/nicotine use, prolong pesticide exposure
S&S	Pain, limited range of motion, stiffness, functional mobility limitations, joint deformities, varus (bowlegged), valgus (knock-kneed), flexion deformity	Multiple painful, swollen and/or stiff joints, impaired muscle strength, ROM, functional mobility, fatigue, morning stiffness, joint stiffness after activity, fingers spindle, pain increases with motion
Dx	Bone scan, CT scan, MRI (diagnosis of OA) X-rays (detect joint space narrowing, increased bone density, and osteophytes)	H&P, synovial fluid analysis, tissue biopsy, x-ray, ultrasound, physical examination of joints, lab test (rheumatoid factor, CCP, ESR, CRP, and ANA) RF positive with 80% of adults with RA
Tx	Arthroplasty (joint replacement), physical therapy, weight management, corticosteroid injections, exercising, osteotomy, synovectomy, DMOADs, NSAIDs	DMARDs (early treatment), BRMs (decrease inflammation), doxycycline, minocycline, immunosuppressants, good salts, corticosteroid therapy, intraarticular injections, salicylates (aspirin), synovectomy, arthroplasty (joint replacement)
NI	Used heat (reduce stiffness) and cold (reduce swelling) therapy, ROM exercises, balance rest and activity, manage pain, prevent disability, and education	Reduce inflammation used cold therapy, manage pain, maintenance of joint function, prevention or correction of joint deformity, range of motion exercises, maintain well balanced diet, weight loss, and exercises to reduce stress on arthritic joints

