

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

	<b>OA</b>	<b>RA</b>
<b>Patho</b>	<ul style="list-style-type: none"> <li>- Gradual loss of articular cartilage with formation of boney outgrowths (spurs/osteophytes) at the joint margin</li> <li>- Slowly progressive inflammatory disorder of the synovial joints               <ul style="list-style-type: none"> <li>- Can be caused by drugs, such as indomethacin and corticosteroids, mechanical stress, joint instability, inflammation, trauma, skeletal deformities, hematologic or endocrine problems, neurologic problems (diabetes neuropathy), genetic traits</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Chronic, systemic autoimmune disease characterized by inflammation of tissue in the synovial joints               <ul style="list-style-type: none"> <li>- Marked by period of remission and exacerbation</li> <li>- Likely caused by combination of genetic and environmental triggers</li> </ul> </li> <li>- Autoimmune cause: antigen triggers formation of an abnormal IgG that combine to rheumatoid factor and leads to an inflammatory response</li> </ul>
<b>Risk Factors</b>	<ul style="list-style-type: none"> <li>- Aging: most are affected by 40</li> <li>- Women: decreased estrogen at menopause</li> <li>- Obesity: increases mechanical stress               <ul style="list-style-type: none"> <li>- No exercise</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Smoking</li> <li>- Women</li> <li>- Sedentary lifestyle</li> <li>- Family history</li> <li>- Presence of HLA</li> </ul>
<b>S&amp;S</b>	<ul style="list-style-type: none"> <li>- Joint pain (worsens with activity)</li> <li>- Joint stiffness (early morning)               <ul style="list-style-type: none"> <li>- Crepitation</li> <li>- Asymmetric symptoms</li> <li>- Deformity</li> </ul> </li> <li>- No fatigue, fever, organ involvement</li> </ul>	<ul style="list-style-type: none"> <li>- Fatigue</li> <li>- Anorexia</li> <li>- Weight loss</li> <li>- General stiffness               <ul style="list-style-type: none"> <li>- Pain</li> </ul> </li> <li>- Limited motion</li> <li>- Inflammation</li> <li>- Symmetric symptoms</li> <li>- Atherosclerosis</li> <li>- Rheumatoid nodules: firm, nontender masses under skin               <ul style="list-style-type: none"> <li>- Felty syndrome: enlarged spleen and low WBC</li> </ul> </li> </ul>
<b>Dx</b>	<ul style="list-style-type: none"> <li>- X ray</li> <li>- Bone scan</li> <li>- CT scan</li> <li>- MRI</li> <li>- Synovial fluid analysis</li> </ul>	<ul style="list-style-type: none"> <li>- Synovial fluid analysis</li> <li>- Rheumatoid factor lab</li> <li>- History and physical</li> <li>- Anti-CCP (antibodies to citrullinated peptide)</li> <li>- Antinuclear antibody</li> </ul>

	<ul style="list-style-type: none"> <li>- ESR lab</li> </ul>	<ul style="list-style-type: none"> <li>- CBC</li> <li>- ESR and CRP labs</li> <li>- X ray of involved joints</li> </ul>
<b>Tx</b>	<ul style="list-style-type: none"> <li>- Managing pain and inflammation, preventing disability, maintaining and improving joint function</li> <li>- Nutrition and weight management counseling <ul style="list-style-type: none"> <li>- Therapeutic exercise</li> <li>- Heat and cold applications</li> </ul> </li> <li>- Reconstructive joint surgery</li> <li>- NSAIDs: avoid topical</li> <li>- Intraarticular corticosteroids</li> </ul>	<ul style="list-style-type: none"> <li>- Nutrition and weigh management counseling <ul style="list-style-type: none"> <li>- Therapeutic exercise</li> <li>- Psychological support</li> <li>- Rest and joint protection</li> <li>- Use of assistive devices</li> <li>- Heat and cold applications</li> </ul> </li> <li>- Reconstructive surgery: synovectomy or arthroplasty <ul style="list-style-type: none"> <li>- NSAIDs</li> </ul> </li> <li>- Disease-modifying antirheumatic drugs: slow disease progression</li> <li>- Biologic response modifiers: slow disease progression</li> </ul>
<b>NI</b>	<ul style="list-style-type: none"> <li>- Encourage weight loss</li> <li>- Pain management</li> <li>- Correct use of assistive devices</li> <li>- Avoid forceful repetitive joint movements</li> <li>- Promote good posture and body mechanics <ul style="list-style-type: none"> <li>- ROM exercises</li> <li>- Rest periods</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Drug therapy</li> <li>- Therapeutic heat and cold <ul style="list-style-type: none"> <li>- Rest periods</li> <li>- ROM exercises</li> </ul> </li> <li>- Teach joint protective strategies</li> <li>- Assess pain intensity and give analgesics as ordered</li> </ul>