

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

	<b>OA</b>	<b>RA</b>
<b>Patho</b>	<p>Localized Slowly progressive – noninflammatory disorder</p> <ul style="list-style-type: none"> <li>- Diarthrodial (synovial joints)</li> </ul> <p>Gradual loss of articular cartilage</p> <p style="text-align: center;">+</p> <p>Formation of bony outgrowths @ joint margins</p> <p>No known direct cause various genetic factors contribute.</p> <p>Wt. bearing joints or knees, hips, and small joints.</p> <p>Begins ages 20-30, symptoms @ 50, 65+yo report having arthritis</p> <p>Regular moderate exercises helps decrease risk</p> <p>Effusions uncommon</p>	<p>Chronic. Systemic AID, inflammation of connective tissue in synovial joints, has exacerbations</p> <p>Young to middle age</p> <p>Cause unknown</p> <p>RA marked by presence of autoantibodies against IgG</p> <p>Causes inflammatory response, neutrophils release proteolytic damaging articular cartilage and thickening synovial lining</p> <p>Typically affects small joints, shoulders, knees</p> <p>Effusions common</p>
<b>Risk Factors</b>	<p>Women – decreased estrogen (menopause)</p> <p>Obesity – stress on joints</p> <p>Overactivity</p>	<p>Female</p> <p>Malnutrition</p>
<b>S&amp;S</b>	<p>Joint pain + stiffness, pain relieved with res</p> <p>Deformity</p> <p>WBC &lt; 2000</p> <p>Joint space narrowing</p>	<p>Fatigue, anorexia, weight loss, generalized stiffness (becomes localized after 3 mos.</p> <p>Joint pain and stiffness worse after inactivity</p> <p>Deformities (swan neck)</p>
<b>Dx</b>	<p>XR's</p> <p>CT</p> <p>Synovial fluid analysis</p>	<p>ESR</p> <p>CRP</p> <p>ANA</p> <p>Antibodies</p> <p>Synovial fluid analysis</p> <p>XR</p>
<b>Tx</b>	<p>NSAID's</p> <p>Topical cream</p> <p>Intraarticular corticosteroid injections</p>	<p>Disease modifying antirheumatic drugs</p> <p>Biologic response modifiers + target inhibitors</p> <p>NSAIDS</p>

	Anti-inflammatories Fall prevention protocol Sx reconstructive, hip or knee replacements	
<b>NI</b>	Use of heat or ice Education on proper body mechanics/ exercise Weight management Energy conservation	Smoking cessation Lightweight splints to prevent deformity ROM exercises Alternating rest periods TENS Body alignment Assistive devices