

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

	OA	RA
Patho	<ul style="list-style-type: none"> -Gradual loss of articular cartilage and cartilage destruction -Formation of osteophytes at joint margins -Early stage: pain and stiffness, inflammation and thickening of capsule and synovium -not part of normal aging process 	<ul style="list-style-type: none"> -Continued inflammation, highly vascular inflammatory tissue -Erodes articular cartilage -Pannus scars and shortens -Antigen triggers -Autoantibodies develop against the abnormal IgG -Synovium thickening
Risk Factors	<ul style="list-style-type: none"> -Age -Decreased estrogen at menopause -Obesity -Frequent kneeling and stooping -Smoking 	<ul style="list-style-type: none"> -Age ,sex -Obesity, diet, nutrition -Smoking -Infections -Family history, genetic factors
S&S	<ul style="list-style-type: none"> -Pain -Joint stiffness and tenderness -Loss of flexibility/ ROM -Grating sensation when using joint -Inflammation/swelling 	<ul style="list-style-type: none"> -Tender, warm, or swollen joints -Joint stiffness and pain -Symmetrical symptoms, both sides of body -Fatigue -Rheumatoid nodules
Dx	<ul style="list-style-type: none"> -Bone scan -CT -MRI -X-rays 	<ul style="list-style-type: none"> -Synovial fluid analysis -Tissue biopsy -Possibly an x-ray - H & P
Tx	<ul style="list-style-type: none"> No cure -Manage pain and inflammation -Maintain and attempt to increase joint function -DMOADs -NSAIDs: topical agents -Intraarticular corticosteroid injections -Supplements 	<ul style="list-style-type: none"> -Drug therapy -DMARDs -Biologic Response modifiers -Immunosuppressants -Corticosteroids -Intraarticular injections -Surgery
NI	<ul style="list-style-type: none"> -Educate -Behavior, psychosocial and physical interventions: exercise programs, self-management programs, physiotherapy -Cold and heat application -Nutrition therapy 	<ul style="list-style-type: none"> -Not drug therapy: heat and cold application, promote rest periods, educate relaxation techniques -Nutritional therapy -Weight loss -Manage pain -ROM exercises

