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**N101 – Foundations of Nursing**

	<b>OA</b>	<b>RA</b>
<b>Patho</b>	Gradual loss of articular cartilage. Formation of osteophytes in the joint margins. Not normal part of aging process. Cartilage destruction. Early: pain/ stiffness Late: increase pain/ uneven weight bearing	Unknown cause Antigen triggers Continuous infusions Pannus scars and shortens
<b>Risk Factors</b>	Age Decrease estrogen after menopause Obesity Smoking Frequently kneeling and stooping	Age Sex Smoking Obesity Family HX/ genetics
<b>S&amp;S</b>	Deformities: in the knees, fingers Hip/ knee displacement	Onset typically sublet Specific joint involvement Often affects small joint (PIP, MCP and MTP) Symptoms occur symmetrically Morning stiffness, joint stiffness after inactivity, pain increases with motion
<b>Dx</b>	Bone scan, CT, MRI, Xray,	History Joint involvement, serology, acute phase reactants, durations of symptoms Labs used to confirm and monitor disease
<b>Tx</b>	No cure. Education, medication, and therapies	Drug therapy/ steroids BRMs DMARDs
<b>NI</b>	Exercise, therapy, surgery	Surgical therapy Nutritional therapy Reduce inflammation Maintain joint function Rest, splints

