

Student Name: Hannah Navarro Preconference Form
 Medical Diagnosis/Disease: Osteoarthritis

NCLEX IV (8): Physiological Integrity/Physiological Adaptation

Anatomy and Physiology
Normal Structures

- ball-and-socket joint
- head of femur fits into acetabulum of the pelvis
- joint capsule, articular cartilage, fibrocartilaginous labrum
- wide range of motion
- flexion, extension, abduction, adduction, rotation

Pathophysiology of Disease

gradual loss of articular cartilage w/ formation of spurs or osteophytes

genetic, metabolic, local factors lead to cartilage deterioration of chondrocytes

articular cartilage becomes dull, granular, softer, less elastic

body can't keep up w/ destruction → AC is cracked + worn

NCLEX IV (7): Reduction of Risk

Anticipated Diagnostics

Labs

- CBC
- liver function tests

Additional Diagnostics

- X-rays
- bone scan
- MRI
- CT scan

Provides stability to support upper body weight

NCLEX II (3): Health Promotion and Maintenance

Contributing Risk Factors

- age
- drugs
- trauma
- joint instability
- mechanical stress
- neurologic problems
- obesity

Signs and Symptoms

- joint pain
- disability/loss of function
- joint stiffness
- crepitation
- joint deformity
- ~~systemic deformities~~

NCLEX IV (7): Reduction of Risk

Possible Therapeutic Procedures

Non-surgical

- acupuncture
- nutrition
- supplements

Surgical

- reconstructive

Prevention of Complications

(What are some potential complications associated with this disease process?)

- pain
- musculoskeletal problems
- impaired role performance

NCLEX IV (6): Pharmacological and Parenteral Therapies

Anticipated Medication Management

- topical, oral, intraarticular
- DMOADS
- NSAIDS

NCLEX IV (5): Basic Care and Comfort

Non-Pharmacologic Care Measures

- heat or cold packs
- nutrition therapy
- exercise
- rest + joint protection

NCLEX III (4): Psychosocial/Holistic Care Needs

What stressors might a patient with this diagnosis be experiencing?

- pain
- financial
- becoming dependent on others / meds

Client/Family Education

List 3 potential teaching topics/areas

- pain management
- body mechanics
- correct use of assistive devices

NCLEX I (1): Safe and Effective Care Environment

Multidisciplinary Team Involvement

(Which other disciplines do you expect to share in the care of this patient?)

- rheumatologist
- occupational therapists
- physical therapist