Disease: osteoarthritis

Student Name: Shannen Connelley

Pertinent Common Signs and Symptoms

- stiffness
- tenderness
- pain
- loss of flexibility
- grating sensation
- bone spurs
- swelling

Pertinent Physical Exam Findings/Risk Factors

- advance age
- sex
- obesity
- joint injuries
- genetics
- bone deformities

Pertinent Nursing Interventions

- weight loss
- ADL's
- exercise
- pain management
- physical therapy

Disease and Brief pathophysiology

osteoarthritis occurs when the protective cartilage that cushions the end of the bones wears down over time.

Labs

- joint fluid analysis
- blood tests

Client Education/Health Promotion

- provide exercise routines
- list alternative therapies

Diagnostic Procedures

- x ray
- MRI

Pertinent Medications

- acetaminophen
- NSAIDs
- duloxetine

Potential Problems

- chronic pain
- joint pain
- stiffness

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Disease: carpel tunnel syndrome

Student Name: Shannon O'Malley

Pertinent Common Signs and Symptoms

- numbness
- tingling
- pain in first 3 fingers + thumb
- pain + burning
- wrist pain that interferes w/sleep
- weakness in muscles of the hand

Pertinent Physical Exam Findings/Risk Factors

- rheumatoid arthritis
- diabetes mellitus
- repetitive stress of hand activities
- sports injury
- phalens maneuvere

Pertinent Nursing Interventions

- medication therapy
- splint or brace
- laser ultrasound therapy
- yoga

Disease and Brief pathophysiology

carpel tunnel (CTS) compression of the median nerve in the wrist from swollen synovium. This leads to pain and numbness.

Labs

- hemoglobin A1C

Client Education/Health Promotion

- weakness is to be expected
- limit hand movements

Diagnostic Procedures

- electrocardiogram
- x-rays

Pertinent Medications

vitamin B6
NSAIDS
corticosteroids

Potential Problems

- surgical issues

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