

Osteoarthritis

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NURSING CARE MANAGEMENT



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Course contents

- Definition of Osteoarthritis
- Classification of osteoarthritis
- What causes osteoarthritis
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Osteoarthritis

Osteoarthritis is a non-inflammatory, degenerative condition of joints

Characterized by degeneration of articular cartilage and formation of new bone i.e. osteophytes

OA is a chronic condition characterized by the breakdown of the joint's cartilage

Classification

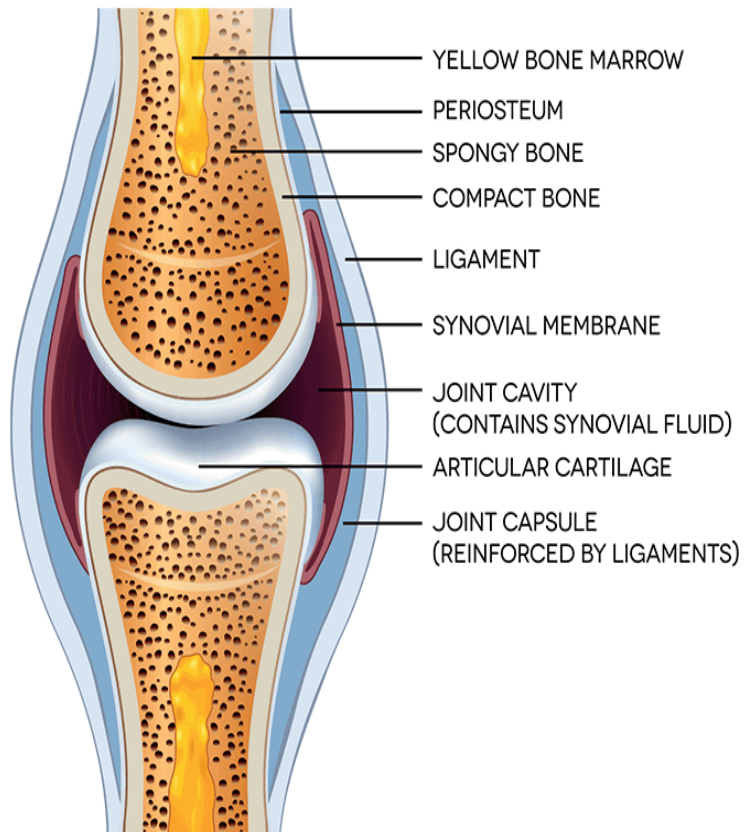
Osteoarthritis is classified into two classifications, yet the distinction between the two of them is always unclear.

Primary or idiopathic OA has no prior event or disease related to it.

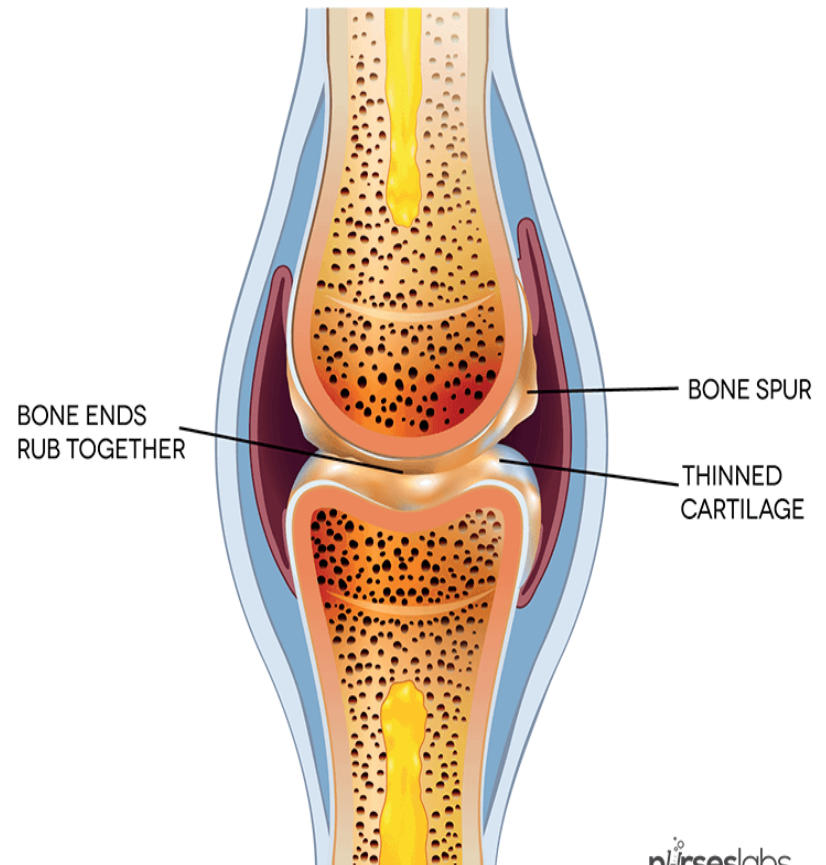
Secondary OA results from previous joint injury or inflammatory disease

Normal Joint vs Osteoarthritis

NORMAL JOINT



OSTEOARTHRITIS



WHAT CAUSES OA

There isn't any single known cause of osteoarthritis, but there are several risk factors. These risk factors include:

- Age
- Sex
- Obesity
- Injury and overuse
- Genetics or heredity
- Muscle weakness
- Other diseases

Clinical features of OA

- Pain
- Stiffness
- Muscle spasm
- Restricted movement
- Deformity
- Muscle weakness or wasting
- Joint instability
- Crepitus
- Joint Effusion

TREATMENT OPTIONS

- Early diagnosis and treatment is the first step to the successful management of OA.
- The goals of any treatment plan for OA include: controlling pain, improving your ability to function in daily activity, and slowing the disease's process.
- Most treatment plans will include a combination of medication, exercise, weight control, joint protection, and physical and occupational therapy.

Medical Treatment

- Simple analgesics: paracetamol, low dose ibuprofen
- NSAID's/Coxibs PRN regular
- Intra-articular corticosteroids
- Topical treatment eg NSAID creams
- Chondroprotective agents

Joint replacement surgery

- Indications: pain affecting work, sleep, walking and leisure activities

EXERCISE

- Exercise is the most effective nondrug treatment for reducing pain and improving movement in OA.
- Research shows that people with OA can exercise safely. Moderate exercise on a regular basis helps decrease fatigue, strengthens muscles and bones, and increases flexibility and stamina.
- Joint flexibility is especially important when have OA because stiff joints means inability to do daily tasks

WEIGHT CONTROL

- Weight control is important for people with OA because excess weight directly contributes to the development of OA.
- Maintaining recommended weight or losing weight can lessen pain by reducing stress on affected joints.
- Weight loss helps ease pressure on weight-bearing joints such as the hips, knees, back and feet

JOINT PROTECTION

- take steps to protect joints and manage joint pain and damage before it is severe.
- Balance rest and activity.
- Use good body mechanics. Use your palms instead of your fingers when lifting or carrying things
- Use large muscles rather than small ones, to carry things. Lift with your legs instead of your back
- Use good posture, which takes stress off joints

PHYSICAL THERAPY

- Physical therapy works on strengthening muscles and improving joint mobility.
- Physical therapists work on specific exercise programs and other pain management techniques

Nursing Interventions

The major goals of the nursing intervention are pain management and gain ability to move.

Weight loss- Weight loss is an important approach to pain and disability improvement.

Assistive devices- Canes and other ambulatory devices are very helpful for ambulation.

Exercise- Exercises such as walking should begin moderately and increase gradually.

Analgesic - use pain killer as advised

Physical therapy- A referral for physical therapy for people with similar problems can be very