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Osteoarthritis

Patient name: _____

NRS
DATE INITIAL

- I. The client/caregiver can define osteoarthritis.**
 - A. It is a degenerative, noninflammatory joint disease.
 - B. The cartilage that protects the ends of bones is worn away.
 - C. It can affect all mobile joints, especially weight-bearing joints: hip, knee, and spinal column.
- II. The client/caregiver can list factors that may increase risk of osteoarthritis.**
 - A. Advanced age
 - B. Trauma
 - C. Overuse of joints
 - D. Genetic tendency
 - E. Obesity
 - F. Metabolic or endocrine abnormalities
- III. The client/caregiver can recognize signs and symptoms of osteoarthritis.**
 - A. Aching pain that increases with activity and is usually relieved with rest
 - B. Stiffness on rising
 - C. Heberden's nodes (nodular bony enlargements within the joint)
 - D. Fatigue
 - E. Decreased exercise tolerance
 - F. Crepitus (creaking or grating upon joint movement)
 - G. Restriction of joint movement
- IV. The client/caregiver can list measures to prevent or manage osteoarthritis.**
 - A. Exercise regularly.
 1. Always get physician's permission.
 2. Exercise daily at a slow steady pace using range of motion.
 3. Never exercise a hot, inflamed joint.

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Admission: _____

4. Set realistic goals.
 5. Balance work with rest.
 6. Stop exercise if pain occurs.
 7. Avoid prolonged walking, sitting, or standing.
 - B. Obtain adequate nutrition.
 1. Control weight to prevent increased pressure on the joints.
 2. Eat well-balanced meals.
 3. Avoid quackery diets.
 4. Avoid excess sugar and salt.
 - C. Use stress-management techniques.
 - D. Apply heat or cold as ordered by physician.
 - E. Follow safety measures to prevent falls and injury.
 - F. Take medications as ordered by physician.
 1. Discuss pain control issues with physician.
 - G. Use joint protection principals.
 - H. Use assistive and supportive devices as ordered (i.e., splints, braces, walker, and cane).
 - I. Use self-help hints and devices.
 - J. Follow good body mechanics and proper posture.
 - K. Obtain adequate rest.
 - L. Dress warmly and wear gloves in cold weather.
 - M. Report to physician increased pain, edema, or fatigue.
 - N. Keep follow-up appointments with physician.
- V. The client/caregiver is aware of possible complications.**
- A. Loss of range of motion
 - B. Muscle wasting
 - C. Decreases mobility
 - D. Contractures

(Continued)

RESOURCES

American Chronic Pain Association
www.theacpa.org

Arthritis Foundation
www.arthritis.org

Healthy People 2010
www.health.gov/healthypeople

National Institute on Aging
www.nia.nih.gov/

National Institute of Arthritis and Musculoskeletal and Skin Diseases
www.niams.nih.gov

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