

# OSTEOARTHRITIS PATHOCHART

## PATHOPHYSIOLOGY

Osteoarthritis, also called "Degenerative Joint Disease" is a chronic, progressive disorder of the joints. It primarily affects weight-bearing and high stress joints and is most common in the elderly. Most commonly the back, hips, knees, hands, and feet. The disease causes decreased joint fluid, loss of cartilage, bone spurs, and irritation of the bone.



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## ASSESSMENT FINDINGS

- Joint pain relieved with rest
- Difficulty standing up after sitting
- Heberden's Nodes (distal knuckles)
- Crepitus in joints (grating sensation)
- Bouchard's Nodes (medial knuckles)

## DIAGNOSTICS

- Arthroscopy
- CT or MRI
- X-ray

## NURSING PRIORITIES

- Promote Comfort
- Optimize Functional Ability
- Optimize Mobility

## THERAPEUTIC MANAGEMENT

- Administer analgesics
- Schedule rest periods
- Administer anti-inflammatories
- Range of motion
- Hot/Cold application
- PT/OT Rehab

## MEDICATION THERAPY

- Topical agents
- Muscle Relaxants
- NSAIDs
- Corticosteroid injections