3

Osteoarthritis

	Patient name:				Admission:		
DATE	NRS INITIAL			NRS DATE INITIA			
DAIL	INITIAL	I.	The client/caregiver can define osteoarthritis.	DATE INTIL		4. Set realistic goals.	
						5. Balance work with rest.	
			A. It is a degenerative, noninflammatory joint disease.			6. Stop exercise if pain occurs.	
			B. The cartilage that protects the ends of			7. Avoid prolonged walking, sitting, or	
			bones is worn away.			standing.	
			C. It can affect all mobile joints, especially			B. Obtain adequate nutrition.	
			weight-bearing joints: hip, knee, and			1. Control weight to prevent increased	
			spinal column.			pressure on the joints.	
			opinar coramin.			2. Eat well-balanced meals.	
		II.	The client/caregiver can list factors that			3. Avoid quackery diets.	
			may increase risk of osteoarthritis.			4. Avoid excess sugar and salt.	
			A. Advanced age			C. Use stress-management techniques.	
			B. Trauma			D. Apply heat or cold as ordered by	
			C. Overuse of joints			physician.	
			D. Genetic tendency			E. Follow safety measures to prevent falls and	
			E. Obesity			injury.	
			F. Metabolic or endocrine abnormalities			F. Take medications as ordered by	
						physician.	
		III.	The client/caregiver can recognize signs			 Discuss pain control issues with physician. 	
			and symptoms of osteoarthritis.			G. Use joint protection principals.	
			A. Aching pain that increases with			H. Use assistive and supportive devices as	
			activity and is usually relieved with			ordered (i.e., splints, braces, walker, and	
			rest			cane).	
			B. Stiffness on rising			I. Use self-help hints and devices.	
			C. Heberden's nodes (nodular bony			J. Follow good body mechanics and proper	
			enlargements within the joint)			posture.	
			D. Fatigue			K. Obtain adequate rest.	
			E. Decreased exercise tolerance			L. Dress warmly and wear gloves in cold	
			F. Crepitus (creaking or grating upon joint			weather.	
			movement)			M. Report to physician increased pain, edema,	
			G. Restriction of joint movement			or fatigue.	
						N. Keep follow-up appointments with	
		IV.	The client/caregiver can list measures to			physician.	
			prevent or manage osteoarthritis.		* 7	771 11	
			A. Exercise regularly.		V.	The client/caregiver is aware of possible	
			1. Always get physician's permission.			complications.	
			2. Exercise daily at a slow steady pace			A. Loss of range of motion	
			using range of motion.			B. Muscle wasting	
			3. Never exercise a hot, inflamed			C. Decreases mobility	
			joint.			D. Contractures	

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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