



Know Your Arthritis: OA vs. RA

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During the 2019 Annual Convention

Summary: The differences between osteoarthritis and rheumatoid arthritis are explored, including strategies for conservative management. Pharmacologic treatment options for both diseases are reviewed.

Nursing Implications:

- Pain management can be critical to quality of life for a patient with either disease.
- Regular functional assessment is important to help the patient maintain independence while addressing changes from the disease.
- Assistive devices may be needed for mobility and performance of life functions.
- Patients should have a careful balance of activity and rest.

Key Takeaways:

- Osteoarthritis is not a natural consequence of aging.
- Early treatment of rheumatoid arthritis can have positive impact on the patient's functional ability and quality of life.
- Patients with osteoarthritis should be able to recognize modifiable and non-modifiable risk factors.
- Patients with rheumatoid arthritis should receive instruction on medication administration and safe use.

Link: <https://library.amsn.org/amsn/sessions/5138/view>

References:

NAON. (2013). *Core Curriculum for Orthopaedic Nursing* (7th ed.). Chicago, IL: Author

Zychowicz, M. (Ed.). (2018). *An Introduction to Orthopaedic Nursing* (5th ed.). Chicago, IL: NAON.

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