Know Your Arthritis: OA vs. RA
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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

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