

## OA - Osteoarthritis

### OA-AP ANATOMY AND PHYSIOLOGY

**OUTCOME:** The patient/family will understand anatomy and physiology as it relates to osteoarthritis.

**STANDARDS:**

1. Explain the normal anatomy and physiology of the affected joint(s).
2. Discuss the changes to anatomy and physiology as a result of osteoarthritis.
3. Discuss the impact of these changes on the patient's health or well-being.

### OA-C COMPLICATIONS

**OUTCOME:** The patient/family will understand the common and important complications of osteoarthritis.

**STANDARDS:**

1. Discuss that progressive osteoarthritis can result in loss of range of motion.
2. Discuss the impact of the complications based on the joint(s) involved.

### OA-CM CASE MANAGEMENT

**OUTCOME:** The patient/family/caregiver will understand the importance of integrated case management in achieving optimal health and function.

**STANDARDS:**

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

### OA-DP DISEASE PROCESS

**OUTCOME:** The patient/family will understand the disease process of osteoarthritis.

**STANDARDS:**

1. Review the disease process of osteoarthritis. Osteoarthritis occurs with failure of a movable, synovial-lined joint due to thinning of joint surface, weakening and

splitting of cartilage. The most common joints affected are joints of the hands, knees, and hips, and joint involvement is often asymmetric.

2. Explain the high prevalence of osteoarthritis, since it is the most common joint disease.
3. Discuss the possible cause of OA as primary (idiopathic) or secondary to another cause (e.g., trauma, congenital/developmental, metabolic, rheumatoid arthritis).
4. Discuss applicable risk factors for the development or worsening of OA: age (nearly 50% of those 65 years of age and older, and nearly everyone over 75), genetics, obesity, occupation-related repetitive injury, physical trauma, congenital/developmental defects, and metabolic/endocrine disease.
5. Explain and discuss the signs and symptoms of OA. Diagnosis of OA is based on symptoms, physical examination, and absence of systemic findings, minimal articular inflammation, and radiography. Symptoms may include:
  - a. Pain upon awakening or pain at long periods of rest (early osteoarthritis: localized, increased with activity, and resolving with rest; late osteoarthritis: pain at rest)
  - b. Stiffness (after periods of inactivity, commonly, morning stiffness, usually lasting less than 30 minutes)
  - c. Bony enlargement
  - d. Crepitus on motion (cracking-like sensation)
  - e. Limited joint motion
  - f. Radiographic evidence (early: no change; moderate: joint space narrowing, late: deformity osteophytes, “lipping”)
6. Refer to the National Arthritis Foundation self help course and book, community resources, or Web site, as appropriate.

## **OA-EQ      EQUIPMENT**

**OUTCOME:** The patient/family will understand and demonstrate (when appropriate) the proper use and care of assisted medical devices/equipment.

### **STANDARDS:**

1. Discuss the indications for and benefits the prescribed medical equipment (assistive devices for ambulation and activities of daily living).
2. Discuss the types and the features of the assisted medical devices/equipment as appropriate. Devices that assist in the activities of daily living can also reduce stress on joints such as canes, walkers, braces, heel cups and insoles.
3. Discuss and/or demonstrate the proper use, care, and cleaning of assisted medical devices/equipment. Have patient/family/caregiver perform a return demonstration on the proper use of medical device/equipment.

4. Discuss the signs of assisted medical devices/equipment malfunction and the proper action in case of malfunction as appropriate.

#### **OA-EX      EXERCISE**

**OUTCOME:** The patient/family will maintain an optimal level of mobility activity with minimal discomfort.

#### **STANDARDS:**

1. Discuss the role of weight-bearing and non-weight bearing exercise. Encourage exercise with limited stress upon joints, such as pool exercises. Educate about joint protection when exercising.
2. Emphasize that physical activity is important for maintaining muscle strength, weight loss, and flexibility. Emphasize the importance of “warm-ups and cool-downs.”
3. Discuss medical clearance issues for physical activity. Review the prescribed physical activity program. Caution the patient not to overexert, as appropriate.
4. Educate on role of physical therapy and occupational therapy in patients with functional limitations by utilizing joint manipulation, stretching, and strengthening.

#### **OA-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of osteoarthritis.

#### **STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure and process for obtaining follow-up appointments and that follow-up appointments be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

#### **OA-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about osteoarthritis.

#### **STANDARDS:**

1. Provide patient/family with literature on osteoarthritis.

2. Discuss the content of the literature.

#### **OA-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will understand lifestyle necessary to optimize performance of everyday activities.

**STANDARDS:**

1. Discuss Activities of Daily Living (ADL) aids. Make a referral to social services for assistance in procuring such devices, as appropriate.
2. Discuss how self-image, pain, fatigue, inflammation, limited joint mobility, and medications can alter the life style. Assess the level of acceptance and offer support and referral to social services and community resources as appropriate.

#### **OA-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

#### **OA-MNT      MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for osteoarthritis.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.

- c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
  3. Discuss the benefits of nutrition and exercise to health and well-being.
  4. Assist the patient/family in developing an appropriate nutrition care plan.
  5. Refer to other providers or community resources as needed.

## **OA-N NUTRITION**

**OUTCOME:** The patient will understand the role of nutrition in osteoarthritis.

### **STANDARDS:**

1. Discuss the importance of a low-calorie, well-balanced diet to promote weight loss (if overweight) due to stress on joints from excess weight. Refer to a dietitian.
2. Encourage nutrient-dense foods if intake is poor and the need for vitamin and mineral supplementation.
3. Instruct the patient about simplified planning and preparation of meals as appropriate and refer to a dietitian.
4. Explain that eating foods rich in omega-3-fatty acids found in fish, walnuts, and flaxseed several times a week may help suppress inflammation.

## **OA-PM PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand and fully participate in the plan for pain management.

### **STANDARDS:**

1. Explain the pain scale and how it is used to assess the degree of pain individuals are experiencing. Discuss its use in developing a plan to manage pain.
2. Explain that pain management is specific to the disease process and the patient; and may be multifaceted. **Refer to PM.**
3. Explain that narcotics and other medications may be helpful to control pain and the symptoms associated with pain or nausea and vomiting.
4. Explain non-pharmacologic measures that may be helpful with pain control, e.g., use of heat and cold, physical therapy.

## **OA-PRO PROCEDURE**

**OUTCOME:** The patient/family will understand the proposed procedure, including the indications, complications, and alternatives, as well as, possible results of non-treatment.

**STANDARDS:**

1. Discuss the indications, risks, and benefits of the proposed procedure as well as the alternatives and the risk of non-treatment.
2. Explain the process and what is expected after the procedure.
3. Explain the necessary preparation for the procedure.
4. Discuss pain management as appropriate.

**OA-S SAFETY**

**OUTCOME:** The patient/family/caregiver will understand the importance of injury prevention and will implement necessary measures to avoid injury.

**STANDARDS:**

1. Explain the importance of body mechanics and proper lifting techniques in relation to physical limitations to avoid injury.
2. Explain ways to adapt the home to improve safety and prevent injuries, such as remove throw rugs, install safety bars in hallways and near stairs.
3. Stress the importance and proper use mobility devices (cane, walker, electric scooters, and wheelchair).
4. Explain the importance of recognizing driving limitations. Refer to the community resources, as appropriate.

**OA-TX TREATMENT**

**OUTCOME:** The patient/family will understand the mutually agreed upon treatment plan.

**STANDARDS:**

1. Explain the treatment plan. Emphasize the importance of active participation by the patient/family in the development of and the adherence to the treatment plan.
2. Explain that various treatments have their own inherent risks, side effects, and expected benefits. Explain the risks/benefits of treatment and non-treatment.
3. Review the treatment plan with the patient. Explain that complications may be worsened by not participating with the treatment plan.