

Caring for the Arthritic Patient: Keeping it Real

**Satellite Conference and Live Webcast
Tuesday, December 7, 2010
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Video Communications and Distance Learning Division**

Faculty

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Cardiovascular Health Branch Mission

- **To provide leadership in the state of Alabama**
- **To prevent death and disability from heart disease and stroke**
- **Eliminate disparities in health and health care**

Mission

- **Work with its many partners to fully implement a plan focusing on policy and systems changes**
 - **Worksite**
 - **Healthcare**
 - **Community settings**

Caring for the Arthritic Patient

- **What is ARTHRITIS?**
 - **Inflammation of a joint**

People Living with Arthritis

- **How many in the United States?**
- **How many in Alabama?**
 - **1,262,000**
 - **3 times more women than men**

Caring for the Arthritic Patient

- Myth #1
- Myth #2
- Myth #3

Caring for the Arthritic Patient

- 66 million adults in America have been diagnosed by a doctor with one or more forms of arthritis



What is Arthritis

- Osteoarthritis
- Osteoporosis
- Fibromyalgia
- Ankylosing
- Spondylitis
- Lyme Disease
- Lupus
- Gout
- Rheumatoid Arthritis
- Juvenile Arthritis
- Bursitis and Tendonitis

Warning Signs

- Recurring pain and tenderness in one or more joints
- Inflammation, redness, and/or warmth in one or more joints
- Inability to move a joint normally
 - Range of motion
- Early morning stiffness

Warning Signs

- Unexplained weight loss, fever, weakness, combined with joint pain
- If symptoms last more than two weeks consult a rheumatologist

Caring for the Arthritic Patient

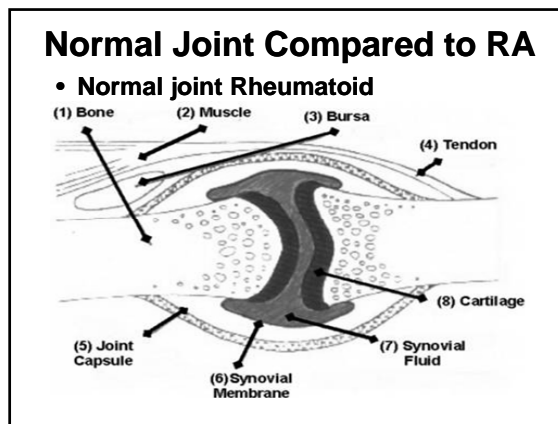
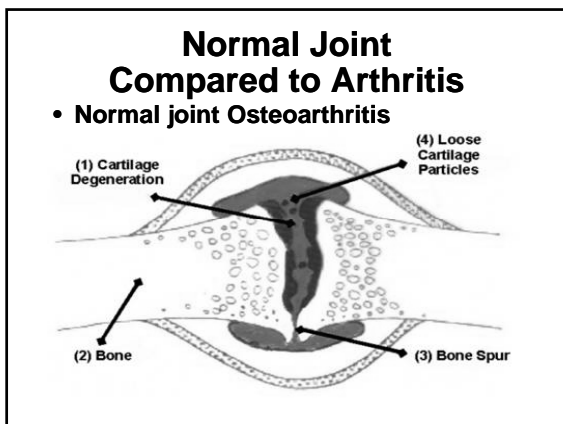
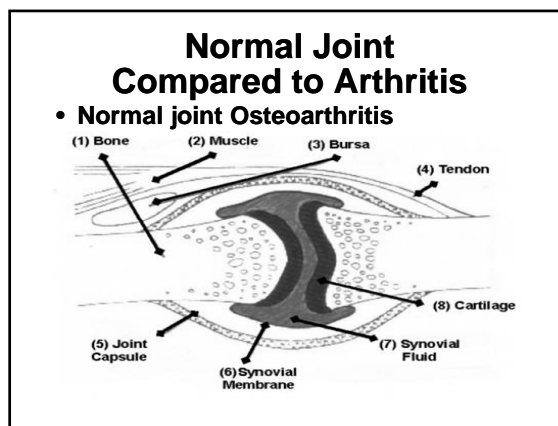
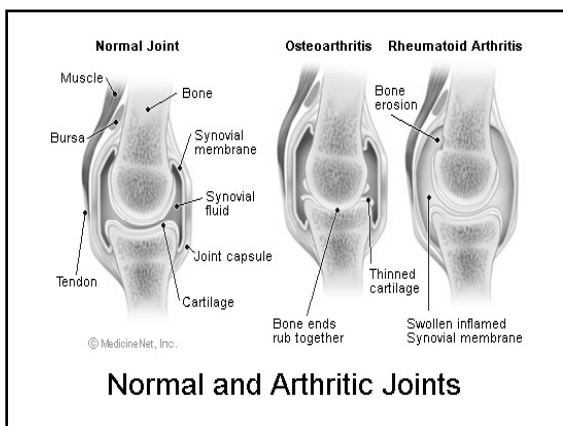
- Osteoarthritis
 - A degenerative joint disease
 - Affects 27 million
 - African Americans are not affected more than Caucasians
 - Cartilage covering ends of bones in the joint deteriorates causing pain and loss of movement

Caring for the Arthritic Patient

- Most prevalent form of arthritis
- The larger symptoms last about an hour in the morning

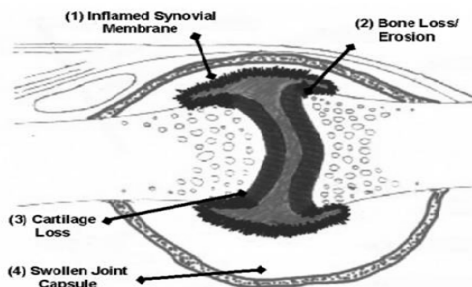
Caring for the Arthritic Patient

- Rheumatoid Arthritis
 - An autoimmune disease
 - Joint lining becomes inflamed as part of the immune system activity
 - One of the most serious and disabling types
 - Symptoms can last all day long
 - Affects mostly women



Normal Joint Compared to RA

- Normal joint Rheumatoid



Osteoarthritis vs. Rheumatoid Arthritis

- Osteoarthritis
 - Usually begins after age 40
 - Often affects joints on only ONE side of the body at first
 - Usually doesn't cause redness, warmth, swelling (inflammation) of a joint

Osteoarthritis vs. Rheumatoid Arthritis

- Affects only certain joints
 - Rarely affects elbows or shoulders
- Doesn't cause a general feeling of sickness

Osteoarthritis vs. Rheumatoid Arthritis

- RA
 - Usually begins between ages 25-50
 - Usually affects same joint of BOTH sides of the body
 - Symmetry
 - Causes redness, warmth, and swelling of joints

Osteoarthritis vs. Rheumatoid Arthritis

- Affects many joints
 - Including elbows and shoulders

Caring for the Arthritic Patient

- Arthritis is second only to heart disease as a cause of work disability

Caring for the Arthritic Patient

- Arthritis is the #1 cause of **DISABILITY**



Arthritis Limits Everyday Activities

- Walking
- Dressing
- Bathing
- Stooping
- Working
- Caring for family
- * More than 7 million Americans affected

Caring for the Arthritic Patient

- Arthritis costs the U.S. economy over \$128 billion each year
- Greater than 39 million physician visits yearly
- More than half million hospitalizations

Economic Impact

- Arthritis and musculoskeletal conditions account for 13% of all health care spending
 - #1 most common reason for doctor visits
 - #2 most common reason for hospitalization
 - #4 most common reason for surgery

Obesity and Arthritis

- According to CDC
 - Obesity is a known risk factor for the development and progression of knee osteoarthritis and possibly osteoarthritis of other joints
 - Obese adults are up to four times more likely to develop knee osteoarthritis

Caring for the Arthritic Patient

- Losing weight can help arthritic pain
- 10 pounds of weight loss will:
 - Take 100 pounds of pressure off the spine
 - Cut the arthritic pain in half

Chronic Disease Connection

- 66% OBESITY also have ARTHRITIS
- 52% DIABETES also have ARTHRITIS
- 58% HEART DISEASE also have ARTHRITIS
- 48% HYPERTENSION also have ARTHRITIS

Caring for the Arthritic Patient

- What is the one thing that would help all of these chronic conditions?
 - Exercise
 - Exercise
 - Exercise

Yet Only . . .

- 29% of people with doctor diagnosed arthritis actually participate in physical activity
- What is the number one reason why?

Caring for the Arthritic Patient

- Arthritis pain
 - Additional symptoms include:
 - Stiffness
 - Joint swelling
 - Deformity of joints
 - Weakness in nearby muscles
 - Abnormal posture
 - Fatigue

Barriers to Increased Physical Activity

- Persons with arthritis:
 - Concerned about joint pain
 - Major barrier
 - Fear of increased pain with activity
 - Fear of additional joint damage
 - Don't know which activities are "safe"

Treatment for the Arthritic Patient

- Drug therapy
- Exercise
- Heat
- Control fatigue
- Use of assistive devices
- Watch for signs of depression

Caring for the Arthritic Patient

- **Drug therapy**
 - **What you can do?**
 - **Help them increase their compliance with taking the medications**
 - **Do they run out of medications?**
 - **Are there refills available?**

Caring for the Arthritic Patient

- **Identify barriers of why the patients are not taking their medications and report this**
- **Prescription bottle tops request pharmacist place easy to access non-child resistant**

Caring for the Arthritic Patient

- **Exercise**
 - **Assist them with Range of Motion exercises**
 - **Assist them in exercising on a regular basis**
 - **Help them identify barriers to exercising**
 - **Help them create an Action Plan to exercising**

Caring for the Arthritic Patient

- **Walking is good exercise**
 - **Check for potential to fall due to throw rugs**
 - **Do they have a small animal with toys that they can trip over?**
 - **Small children around with small items to trip over?**

Caring for the Arthritic Patient

- **What type of shoes are they wearing?**
- **Poor lighting?**
 - **What about eyesight?**
- **Uneven surfaces?**
- **Loss of sensation?**

Caring for the Arthritic Patient

- **Heat**
 - **Reduces stiffness**
 - **Makes movement easier**
 - **Heat associated with rest is very soothing**
 - **Cooling does not increase mobility**

Caring for the Arthritic Patient

- **Control fatigue**
 - Rest between activities
 - Restful sleep at night important
 - Identify barriers to sleep
 - Foam beds, water beds use
 - Mild sedative physician approved for sleep

Caring for the Arthritic Patient

- **Assistive devices**
 - Ambulation devices, canes, walkers, wheelchairs
 - Aides for getting dressed
 - Aides for eating

Caring for the Arthritic Patient

- **Depression signs and symptoms**
 - Change in appetite
 - Change in sleep patterns
 - Increased worry
 - Crying
 - Lack interest in ADLs

Caring for the Arthritic Patient

- Most important is to recognize the change and get help
 - Arthritis is a chronic disease which can discourage the patient

Heart Disease and Arthritis

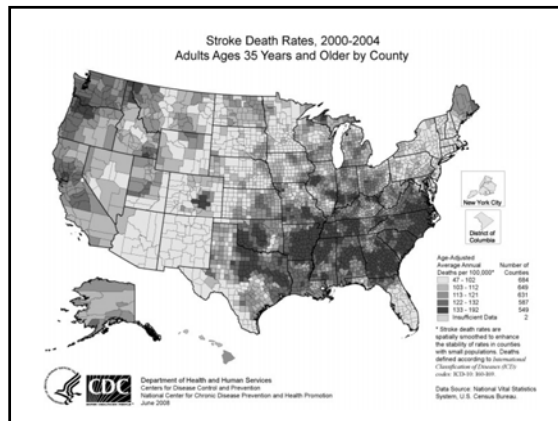
- **58% with Heart Disease also have Arthritis**
- **Heart Disease is the leading cause of death in the U.S. since 1921**
- **Stroke has been the third leading cause of death since 1938**
- **Together they account for 40% of all deaths**

Cardiovascular Death

- **Every 26 seconds**
 - Someone in America someone has a coronary event
- **Every MINUTE**
 - Someone dies from one

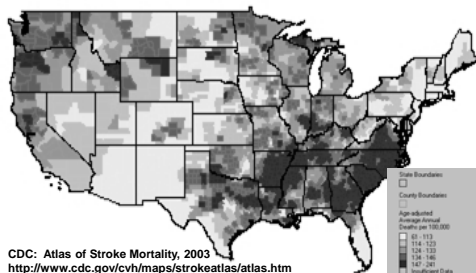
Caring for the Arthritic Patient

- Leading cause of death in Alabama and in the NATION
- Most CVD and Strokes are PREVENTABLE
- Winnable battles



But Why Are Some Areas "Too Low?"

- Huge variations, many theories, few data



Krispy Kreme Stores



What is a Stroke? It's All in the Plumbing!

- A stroke occurs when blood flow to the brain is interrupted by a blocked or burst blood vessel
- There are two main types of strokes
 - Ischemic
 - Blocked blood vessel
 - Most common

What is a Stroke? It's All in the Plumbing!

- Hemorrhagic
 - Burst blood vessel or leaking

Be FAST . . . Prevent Strokes

- **F = Face**
 - Ask can the person smile?
 - Is the smile uneven?
 - Do their eyes or mouth droop?
 - Sudden weakness of the face

Be FAST . . . Prevent Strokes

- **A = Arm**
 - Can the person raise both arms?
 - Is one arm slightly lower?
 - Show sudden weakness of the arm, especially on one side of the body

Be FAST . . . Prevent Strokes

- **S = Speech or sight**
 - Can the person speak or see clearly?
 - Can they understand what you are saying?
 - Is there trouble seeing with one or both eyes?

Be FAST . . . Prevent Strokes

- **T = Time**
 - Time lost is brain lost
 - There is a 3 hour window to receive tPA for those who are eligible

Be FAST . . . Prevent Strokes

- **Be FAST**
 - F = Face
 - A = Arm
 - S = Speech or Sight
 - T = Time

Caring for the Arthritic Patient

- **Community Resources**
- **Arthritis Foundation**
 - <http://www.arthritis.org>
- **Arthritis Today Magazine**

Cardiovascular Health Branch

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Show Me The Money CDSMP Study #1 (1999)

- **1,140 participants**
 - 664 intervention; 476 control
- **952 completed 6 month follow-up survey**
- **7% fewer hospitalizations**
- **80% fewer nights in the hospital**

Show Me The Money CDSMP Study #1 (1999)

- **Healthcare expenditure savings \$750 per participant**
- **Saved more than 10 times the cost of intervention**
- **Improvements in exercise, fatigue, cognitive symptoms, communication with physician**

Show Me The Money CDSMP Study #2 (Year 1)

- **831 participants 40+ years old**
- **69% fewer visits to physician and ER**
- **11% fewer days in hospital**
- **1% fewer hospitalizations**
- **Improvements in cognitive symptom management, exercise, communication with physician, fatigue, reduced disability**

Show Me The Money CDSMP Study #2 (Year 2)

- **56% fewer visits to physician and ERs**
- **2.5 visits per participant = overall total reduction of visits to physician and ERs**
- **Savings between \$390 and \$520 per participant**

Show Me The Money CDSMP Study #3

- **Saved \$990 per participant in first year**
- **Kaiser Permanente saved \$400,000 for the 489 participants**
- **1:4 cost-to-savings ratio**