

Caring for the Arthritic Patient

**Satellite Conference and Live Webcast
Wednesday, August 8, 2007
2:00 - 4:00 p.m. (Central Time)**

**Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division**

Faculty

**Sandi Falkenhagen
Director
Public Health and Advocacy
Alabama Chapter
Arthritis Foundation**

Program Objectives

- **Identify the warning signs associated within acute exacerbation of arthritis.**
- **State the three common forms of arthritis.**
- **Describe three forms of self-management for the arthritic patient.**

Program Objectives

- **Explain the type of exercise arthritic patients can perform to help maintain mobility.**
- **Identify three different barriers to ADLs for arthritic patients.**



The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases.



Accomplishing Our Mission

- **Fund research**
- **Conduct education for health professionals**
- **Provide community education and support services for people with arthritis**

Accomplishing Our Mission

- Inform the public about arthritis and the importance of early diagnosis and treatment
- Advocate the interests of people affected by arthritis

Arthritis Affects

- 46 million Americans (1 in 5 people)
- 3 times more women than men
- 8.4 million young adults
- Nearly 300,000 children (5,000 – 6,000 in Alabama)
- Arthritis is the leading cause of disability among Americans over age 15
- Costs to the U.S. economy total nearly \$128 billion annually

Cost of Arthritis

- \$128 billion annually in direct medical expenses, lost wages and production
- #1 reason for disability among adults

Arthritis Statistics in Alabama

- More than 1.13 million affected
- 2005 survey indicates 33% of persons over 18 have been told by a doctor that they have a form of arthritis, which is the 2nd highest rate in the country.
- This number does not include children w/arthritis, estimated to be approximately 6,000 in Alabama
- Every year, Alabamians spend \$2.65 billion on medical expenses, lost wages, disability and production due to arthritis and related conditions

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

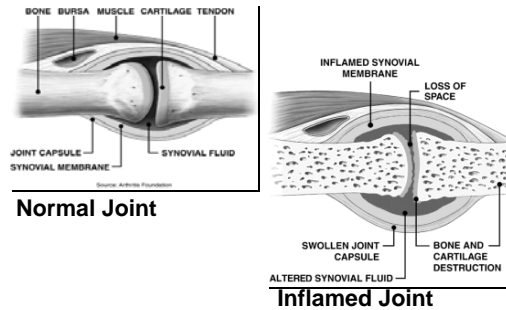
What is Arthritis?

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

What is Arthritis?

- “Inflammation of the Joints”
- Over 120 different forms
- Causes pain, swelling and loss of movement
- Affects joints and connective tissues throughout the body, including skin and organs

What is Arthritis?



Warning Signs

- Inflammation, redness, and/or warmth in one or more joints
- Inability to move a joint normally (range of motion)
- Early morning stiffness

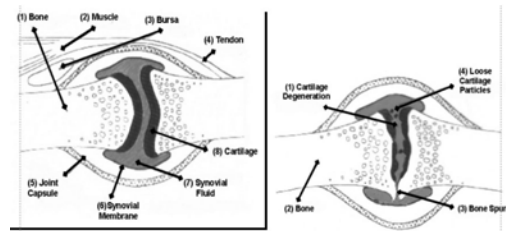
Warning Signs

- Unexplained weight loss, fever, weakness, combined with joint pain
- Recurring pain and tenderness in one or more joints
- If symptoms last more than two weeks, consult a rheumatologist

Common Types of Arthritis

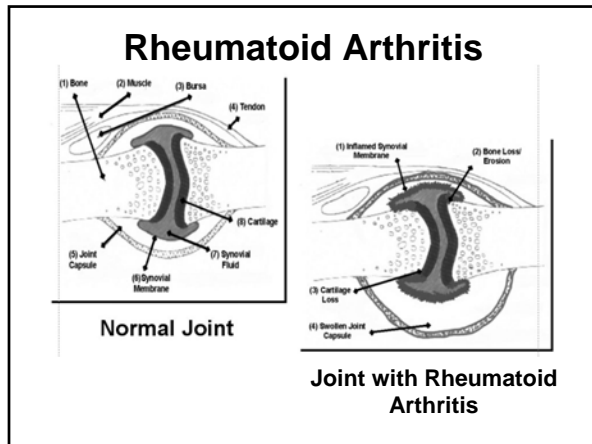
- Osteoarthritis: 20.7 million
- Fibromyalgia: 3.7 million
- Rheumatoid Arthritis: 2.1 million
- Gout: 2.1 million
- Ankylosing Spondylitis: 318,000
- Juvenile Arthritis: 300,000
- Lupus (SLE): 239,000

Osteoarthritis



Normal Joint

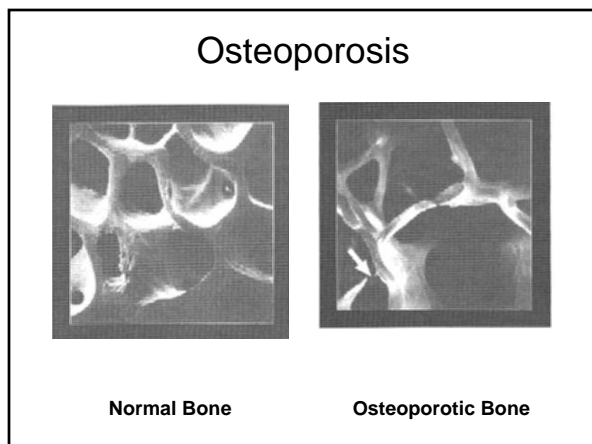
Joint with Osteoarthritis



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

- ### Rheumatoid Arthritis
- Usually begins between ages 25-50
 - Usually affects same joint of **BOTH** sides of the body (symmetry)
 - Causes redness, warmth and swelling of joints
 - Affects many joints, including elbows and shoulders
 - Often causes a general feeling of sickness, fatigue, weight loss and fever

- ### Fibromyalgia
- Generalized muscle pain and fatigue
 - Cause is unknown
 - Accompanied by sleep disturbance and prolonged muscle contraction
 - Diagnosis includes sensitivity when pressure is applied to tender points

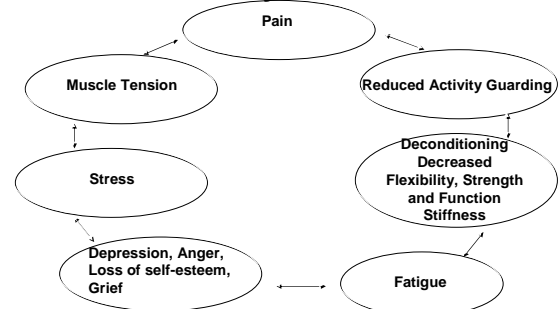


- ### Psychosocial Impact of Arthritis
- Disability, depression and stress may accompany chronic pain.
 - Loneliness, fear of being alone
 - Fear of future deformity and disability
 - Uncertainty
 - Helplessness

Psychosocial Impact of Arthritis

- Dependency
- Anger and grief about loss of function and changes in lifestyles
- Financial difficulties
- Accessibility problems caused by physical barriers and attitudes

Chronic Illness Symptom Cycle



Breaking the Cycle

- Rest, energy conservation, managing fatigue
- Self-help, self-management
- Medication
- Social support
- Surgery
- Diet
- Exercise! Exercise! Exercise!

Arthritis Treatment

- No cure, variety of treatments are effective
- Arthritis care is individualized:
 - Different types of arthritis
 - Degree of severity varies
 - Many symptoms, and all parts of body can be affected
 - Flares and remissions

Components of a Comprehensive Treatment Program

Individualized Arthritis Care

- | | |
|-------------------------------|--|
| • Medications | • Stress management |
| – Note: alternative therapies | • Psychosocial support |
| • Exercise | • Occupational and/or physical therapy |
| • Joint protection | • Surgery |
| • Energy conservation | |

Joint Protection and Energy Conservation

- Respect pain
- Avoid stressful positions
- Change positions frequently
- Use strongest joint and/or muscle group for the task

Joint Protection and Energy Conservation

- Keep muscles strong and joints flexible
- Use splints and devices if necessary
- Pace yourself, use brief rest periods to reduce overuse
- Get assistance from others if task is difficult

Diet and Arthritis

- Generally, all people with arthritis – young and old – benefit from eating a healthy, well balanced diet.
- Excessive weight and type of diet may influence development, symptoms and progression of certain types of arthritis.
- Specific foods rarely cause or improve arthritis.

Gout and Diet

- Gout is caused by deposits of uric acid crystals in body tissues and joints.
- Elevated crystals cause inflammation, swelling and pain, often in big toe.
- Alcohol and purine-rich foods (meat, seafood, gravies, lentils, full-fat dairy foods) contribute to high uric acid level.
- Healthy weight is important.

Osteoarthritis, Weight and Diet

- OA more common in overweight people, especially hips, knees and lower back.
- Losing as little as 11 pounds can reduce risk of OA by 50%.
- OA diet should include balanced intake of fruit, veggies, dairy and meat/protein.
- Important to include Vitamins C and D in diet or supplements.

Osteoporosis and Diet

- People who have inflammatory disease, such as RA or Lupus, are at higher risk for osteoporosis.
- Steroids, alcohol and inactivity also increase risk.
- Calcium intake is essential; may require supplements.
- Vitamin D important to build and maintain strong bones. Sunshine is best source!

Guidelines for Healthy Diet

- Eat variety of foods and avoid those that can interact with medications.
- Maintain healthy weight.
- Consume alcohol, fat and cholesterol in moderation.
- Eat plenty of veggies, fruits and whole grain products.
- Use sugar and salt in moderation.
- Consume daily requirements of vitamins and minerals, including calcium and Vitamine D.

Pain Management

- Pain is a signal that something is wrong.
- Pain tells you that you need to act.
- Causes of pain due to arthritis and related conditions:
 - Inflammation that contributes to redness and swelling of joints.
 - Damage to joint tissues from disease or stress, injury or pressure on the joints

Pain Factors

- What can make pain worse?
 - Increased disease activity
 - Emotional or physical stress
 - Fatigue
 - Anxiety
 - Depression

Pain Factors

- What can block pain signals?
 - Positive attitude / pleasant thoughts
 - Relaxation
 - Medications
 - Massage
 - Distraction
 - Topical pain relievers
 - Humor / “Laugh Yoga”
 - Heat and cold treatments
 - Appropriate exercise

Using Heat and Cold

- Cold packs numb area and reduce inflammation and swelling.
- Heat relaxes muscles and promotes blood flow.
- Use either heat or cold for 15-20 minutes at a time. Avoid extreme heat or cold.
- Place hot pack, heating pad, cold pack or ice bag directly on painful area.

Using Heat and Cold

- Always put a towel between skin and hot or cold pack.
- Don't use creams, lotions or rubs on skin with hot or cold treatment.
- Turn off heating pad before going to sleep to prevent burns.
- Use electric blanket or mattress pad. Turn it up before getting out of bed to relieve morning stiffness.

Relaxation

- Pain and stress cause tightened muscles, increased heart rate and blood pressure and erratic breathing.
- Relaxation techniques for body and mind can help reverse these effects of pain and stress.

Relaxation Techniques: Stress Management Skills

- Guided imagery
 - Focus mind on pleasant images
 - Breath slowly and deeply
 - Think of safe, comfortable, relaxed place
 - Create details of colors, sounds, smells and feelings

Relaxation Techniques: Stress Management Skills

- Prayer/Meditation
- Hypnosis
- Relaxation audiotapes and videotapes

Sleep as Part of Pain Management

- How to sleep better
 - Moderate, regular exercise
 - Avoid alcohol and caffeine
 - Establish regular sleep schedule
 - Take warm bath before bedtime
 - Listen to soothing music; avoid TV
 - Spend quiet time before bed
 - Read for pleasure

Arthritis Medications

- Analgesics – relieve pain and in some cases reduce inflammation (Tylenol)
- Nonsteroidal anti-inflammatory drugs (NSAIDs) – reduce stiffness, pain, swelling (aspirin, ibuprofen, naprosyn); can cause GI problems
- Cox-2 inhibitors (Celebrex)
- Corticosteroids (predisone and injections)

Arthritis Medications

- Disease-modifying antirheumatic drugs (DMARDs) (methotrexate, sulfasalazine, hydroxychloroquine) for inflammatory types of arthritis such as rheumatoid, psoriatic, ankylosing spondylitis
- Biologic response modifiers (BRMs) (Enbrel, Humira, Kineret, Remicade, Orenia, Rituxan); amazing drugs with potentially dangerous side effects

Other Meds for Arthritis

- Topical pain relievers
- Antidepressants
- Muscle relaxants
- Nerve blocks
- Opioids

Surgical Options

- Arthroscopy
 - Surgeon can review and repair inside of joint through instrument placed in small opening in the skin
- Synovectomy
 - Diseased lining of the joint (the synovium) is removed to relieve pain and swelling

Surgical Options

- Joint Replacement
 - Damaged joint is replaced with artificial joint
- Joint fusion or arthrodesis
 - Permanent fuses joints (wrists, ankles, toes)

Kitchen

- Use electric appliances to avoid stress on joints
- Place mixing bowl in sink on damp towel; hold spoon like a dagger to take stress off hands.
- Use tools with large handles (“Good Grips”)
- Use disposable baking pans for easy cleanup
- Sit on high stool
- Adjust counter height and open shelving

Housecleaning tips

- Do one major task a day
- Sit to sort, fold and iron clothes
- Use land-handled tools
- Store cleaning supplies where needed
- Use convenience products to reduce scrubbing

Personal Care Tips

- Sit on a bath chair or stool in shower or tub
- Install lever faucet fixtures
- Install grab bars and non-skid mats
- Use large handled toothbrush, combs, hair brush

Dressing Tips

- Loose-fitting clothes with large neck and arm holes
- Use long-handled shoehorn and sock aids
- Use zipper pull or add loop or large paper clip to make zipper easier to grasp
- Use Velcro to fasten garment or shoes

Leisure Activity Tips

- Wear comfortable shoes
- Lay papers or books open to read or use bookstand
- Use lightweight tools w/built-up handles for gardening, etc. and a stool to avoid bending over
- Develop regular exercise routine of stretching, aerobics and strengthening

Benefits of Exercise

- Joint flexibility/mobility
- Muscle strength
- Endurance/stamina/more energy
- Bone strength
- Function/ability to perform daily activities
- Posture/balance and coordination

Benefits of Exercise

- Nourishes cartilage
- Cardiovascular health/circulation
- Regular bowel habits
- Sense of well-being/less stress and depression
- Weight control/better appearance
- Improved quality of sleep

Upcoming Programs

**The Pharmacists Role in Disasters
Wednesday, August 15, 2007
12:00 - 1:30 p.m. (Central Time)**

**Conflict Management:
Lessons from the Field
Thursday, August 16, 2007
12:00 - 1:30 p.m. (Central Time)**