



**NATIONAL REGISTER**  
OF HEALTH SERVICE PSYCHOLOGISTS

# Arthritis

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# Arthritis

- **Osteoarthritis (OA)**
- **Rheumatoid Arthritis (RA)**
  - **Subcategory of Inflammatory Polyarthritis**
  - Others Include: Rheumatic Fever, Ankylosing Spondylitis, Systemic Rheumatic Diseases

# Evaluation

- **Arthritis in three joint areas** (symmetric & includes hands) - **RA**
- **Rheumatoid nodules** - **RA**
- **Serum rheumatoid factors** (anti-CCP, RF, ESR, C-reactive protein) - **RA**
- **Evaluation of synovial fluid** (elevated white count) - **OA**
- **Radiographic study** (osteophytes – bone spurs) - **OA**

# Arthritis

	<b>Rheumatoid Arthritis</b>	<b>Osteoarthritis</b>
<b>Joints</b>	Warm, Soft & Tender	Hard and Bony
<b>Stiffness</b>	Worse after Resting	Worse after Effort

# Common Behavioral Symptoms Caused or Exacerbated by Arthritis

- **Activity Inhibition**
- **Pain Avoidance**
- **Depressed Mood**

# Medical Management

- **OA**
  - Acetaminophen – if no inflammation
  - Nonsteroidal anti-inflammatory drugs (NSAIDs) – if inflammation
  - Intraarticular glucocorticoid injection – if the above gives inadequate relief
- **RA**
  - Anti-inflammatory drugs
  - Disease-modifying antirheumatic drugs (DMARDs)
  - Analgesics

# Most Common Goals

- **Increased Physical Activity (with Pacing – RA)**
  - **Independently Improves Arthritis Symptoms**
  - **Reduce BMI (If Appropriate) – Add Dietary Change**
- **Stress Reduction CBT and Mindfulness**
- **Improved Mood -> Reduction in Dysphoria (or Depression) & Anxiety**
- **Improved Sleep**
- **Improved Adherence**





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