Arthritis

Marlin C. Hoover, PhD, MSCP, ABPP-CL
Southern New Mexico Family Medicine Residency Program
Clinical Director, Hoover and Associates
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
<table>
<thead>
<tr>
<th>Joints</th>
<th>Rheumatoid Arthritis</th>
<th>Osteoarthritis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stiffness</td>
<td>Worse after Resting</td>
<td>Worse after Effort</td>
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<td></td>
<td>Warm, Soft &amp; Tender</td>
<td>Hard and Bony</td>
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</tbody>
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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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