



CARE PLAN: Osteoarthritis

This care plan must be reviewed monthly (or more often if required) and each action must be signed and dated

Osteoarthritis is sometimes called 'wear and tear' arthritis and becomes more likely as a person gets older. Being overweight increases the risk of osteoarthritis, particularly of the knee. An injury, operation, earlier disease or repeated strain at a joint may lead to osteoarthritis later in life. The smooth cartilage that takes the strain in a normal joint becomes rough, brittle and weak and to compensate, the bone beneath thickens and spreads out, forming knobbly outgrowths. The membrane surrounding the joint thickens and the fluid-filled space within it becomes smaller often resulting in inflammation. As osteoarthritis gets worse, bits of cartilage may break away from the one, causing the bone ends to rub together and the ligaments to become strained. This causes a lot of pain and changes the shape of the joint. It is most common in the hands, knees, hips and feet, but can develop in the back and neck. The condition causes joints to become stiff and painful to move, It usually develops slowly and the changes can be so gradual. The condition usually settles down after a number of years and, although the joints may have a knobbly appearance, they may become less painful.

Resident's Issues and Objectives	Consultation Assessment and Plan	Signature	Date	Review Date
Osteoarthritis To minimise pain and discomfort to promote effective management of the condition To maintain an optimal level of independence and lifestyle	1. Discuss the condition with the resident and, or relative and agree the plan of care.			
	2. Note the resident's and, or relative's understanding of the condition and any concerns or anxieties they have:			
	3. Note the past medical history of osteoarthritis, when it was diagnosed and the prescribed treatment:			
	4. Note the areas affected:			
	5. Highlight any signs and symptoms experienced by the resident: <ul style="list-style-type: none"> • joint tenderness • increased pain and stiffness when joints have not moved for a while • joints appearing slightly larger or more 'knobbly' than usual • a grating or crackling sound or sensation in the joints • limited range of movement in the joints • weakness and muscle wasting, loss of muscle bulk 			
	5. Highlight any issues the resident has with the activities of daily living, as a result of osteoarthritis: MOBILITY GETTING UP IN THE MORNING GOING TO BED SLEEPING DUE TO PAIN EATING AND DRINKING INCONTINENCE DUE TO REDUCED MOBILITY CONSTIPATION DUE TO ANALGESIA DRESSING ACTIVITIES OTHER:.....			



Name	Resident/Relative Signature	Date