

Rheumatoid Arthritis



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Pathophysiology

Recognition

Decision making aids

Investigation

Onwards referral



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Jack March | Rheumatology.Physio

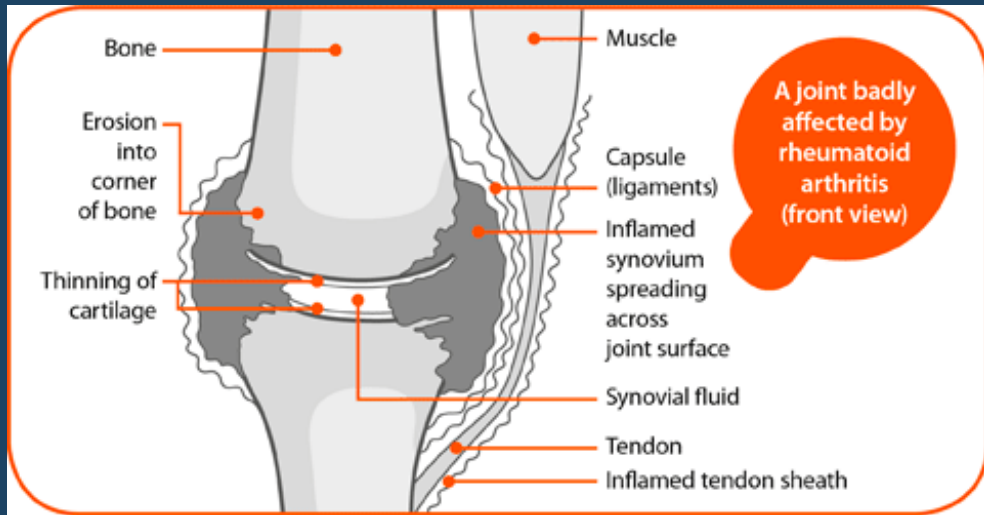


Image courtesy
of ARUK

Stage 1 - Diagnosing “Clinically Suspected Arthralgia”(1)

Joint Symptoms of recent onset (<1 year)

MCPJs affected

Morning stiffness (>60 mins)

Symptoms worst in early morning

1st degree relative with RA

Difficulty making a fist

Positive MCPJ or MTPJ squeeze test

A score of 3+/7 symptoms is consistent with “Clinically Suspected Arthralgia”(1)

Leiden Clinical Prediction Rule.(2)

What is the age in years? Multiply by 0.02 _____

What is the sex?

a. In case Female 1 point _____

What is the distribution of involved joints?

a. In case small joints hands/feet: 0.5 point _____

b. In case symmetric 0.5 point _____

c. In case upper extremities 1 point _____

d. In case upper and lower extremities 1.5 points _____

What is the score for morning stiffness on a 100-mm VAS?

a. In case 26-90 mm 1 point _____

b. In case >90mm 2 points _____

What is the number of tender joints?

a. In case 4-10 0.5 points _____

b. In case 11 or higher 1 point _____

What is the number of swollen joints?

a. In case 4-10 0.5 points _____

b. In case 11 or higher 1 point _____

What is the C-reactive protein level?

a. In case 5-50 mg/litre 0.5 points _____

b. In case 51 mg/litre or higher 1.5 points _____

Is the patient Rheumatoid Factor positive?

a. If yes 1 point _____

Are the anti-CCP antibodies positive?

a. If Yes 2 Points _____

Total score _____

A score of 9+ is optimal prediction, 8+ is high risk.(3)

What to do?



Priority 1 - RHEUMATOLOGY

Bloods – ESR, CRP, Anti-CCP, RF

U/S

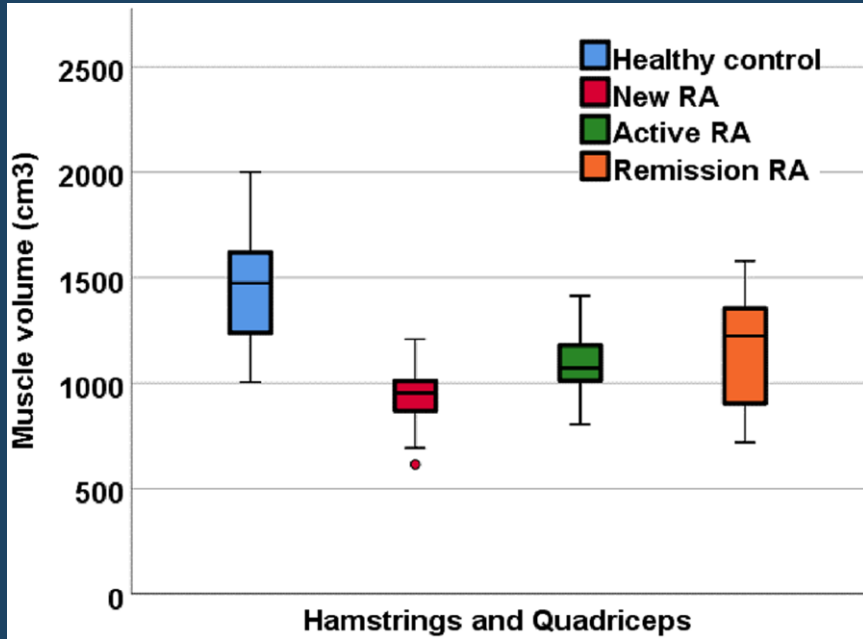
Advice

Stage 4

Advise patient on modifiable risk factors. These can reduce likelihood of progression to RA

- a. Smoking
- b. BMI
- c. Diet

Muscles



Matthew Farrow, John Biglands, Steven Tanner, Elizabeth M A Hensor, Maya H Buch, Paul Emery, Ai Lyn Tan, Muscle deterioration due to rheumatoid arthritis: assessment by quantitative MRI and strength testing, *Rheumatology*, , keaa364, <https://doi.org/10.1093/rheumatology/keaa364>

Differential Diagnosis



Gout

Other Inflammatory Arthropathy (PsA, AxSpA,
Lupus, Reactive Arthritis, PMR)

Osteoarthritis

Persistent pain conditions

Ca

Case Study



Manual Therapies



Graded Programs



Rheumatoid Arthritis



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