



IN THE KNOW

The Inservice Club for Nursing Assistants

Instructions for the Learner

We hope you enjoy this Inservice, “**Understanding Arthritis**”. It’s been prepared especially for nursing assistants like you. You work very hard, and we appreciate the effort you make to complete these educational materials. It shows your desire to continue learning and growing in your profession.

What will you learn?

After finishing this inservice, you will be able to:

- Describe the anatomy of a moveable joint.
- Discuss at least two of the most common types of arthritis.
- List the possible causes of arthritis.
- Name at least four ways that arthritis is treated.
- Demonstrate your understanding of arthritis during your daily work with clients.

If you are studying the inservice on your own, please do the following:

- Read through **all** the material. You may find it useful to have a highlighting marker nearby as you read. Highlight any information that is new to you or that you feel is especially important.
- If you have questions about anything you read, please ask _____.
- Take the quiz. Think about each statement and pick the best answer.
- Check with your supervisor for the right answers. You need **8 correct** to pass!
- Print your name, write in the date, and then sign your name.
- Keep the inservice information for yourself and turn in the quiz page to _____ no later than _____. Show your Inservice Club Membership Card to _____ so that it can be initialed.

THANK YOU!

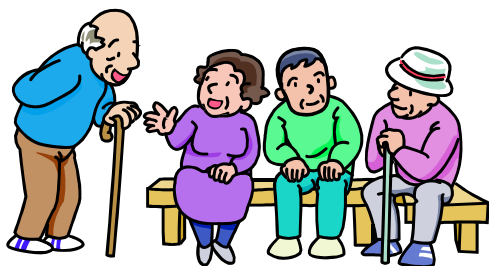


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The Aches & Pains of Arthritis

"Oh, my aching joints!" You've probably heard many of your clients make that complaint. In fact, you may have said it yourself!



Aching joints are one of the main symptoms of arthritis. (This makes sense since the word "arthritis" comes from two Greek words that mean "joint" and "inflammation".) But, did you know that...?

- There are over 100 different types of arthritis. Some forms of the disease are mild and some can be very serious.
- Some types of arthritis affect the whole body—not just the joints.
- Most forms of arthritis are chronic...meaning that there is no cure and they last a lifetime.
- Half of the people over age 65 report symptoms of arthritis.

- In the United States, arthritis affects over 43 million people. By the year 2020, as the "baby boomers" get older, this number is expected to climb to 60 million!

Because arthritis affects so many people, it's likely that at least *half* of your clients are affected by the disease. They are forced to learn how to manage their everyday lives while dealing with this painful, chronic condition. So, what's the good news? You can help!

Keep reading to learn more about arthritis and how you can help clients who are dealing with some type of arthritis.

(You might also pick up some tips for protecting your own joints...to help you avoid and/or manage the pain of arthritis as you get older.)

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Aren't Joints Just a Couple of Bones?

It's true that a joint is the place where two bones meet, but a joint involves more than just bones. Most joints in the body are *moveable* and consist of:



Cartilage. This is the white, shiny material on the ends of bones. Cartilage allows the bones to glide smoothly against each other so that it doesn't hurt to move a joint.

Synovial membrane. This tissue lines the joint and seals it into its own little capsule.

Synovial fluid. This is the clear, sticky fluid inside a joint. It is produced by the synovial membrane and is the consistency of oil. The synovial fluid lubricates the joint and provides nourishment and oxygen to cartilage cells.

Ligaments. These tough, elastic bands of connective tissue surround a joint to give it support and to keep it from bending too far the wrong way.

Tendons. Similar to ligaments, tendons are tough cords of connective tissue. Tendons attach to muscles on each side of a joint and help control the movement of the joint.

Bursas. These are fluid-filled sacs that sit between bones and ligaments. Each bursa acts like a cushion and prevents excess friction in a joint.

- There are 230 moveable and semi-moveable joints in the human body.
- Each foot contains 33 joints and 150 ligaments!
- It takes 123 ligaments and 34 muscles to move the joints of the fingers and thumb of one hand.
- Some joints are *immovable*—like the skull and pelvis. Their job is to protect important internal organs.



What Happens When a Joint Wears Out?

- Remember, cartilage allows a joint to move smoothly...without pain. As the cartilage in a joint wears down, tiny pieces break off in the joint. These little particles cause the joint to become inflamed, so it produces extra joint fluid. The result? A painful, swollen joint.
- When the cartilage becomes too damaged, rough areas of cartilage or bone rub together. Ouch!
- Sometimes, the bone under the damaged cartilage begins to disintegrate.
- With some types of arthritis, the joint fills up with scar tissue. With other types, the ends of the bones thicken and form growths called "bone spurs".
- As a joint becomes more diseased, the bones may not line up right. This causes the joint to become deformed.
- When a joint is painful, people tend to favor it by not moving it. This causes the muscles around the joint to weaken and shrink. These weak muscles won't give the joint proper support—causing *more* pain!



Isn't Arthritis Just Part of Getting Older?

You might be thinking that arthritis is just a normal part of aging, so what's the big deal? Shouldn't we all just expect to have aching joints as we get older?



- Some forms of arthritis appear to be caused by viruses, bacteria or genetic defects—rather than by wear and tear on aging joints.
- Most people over 60 show signs of arthritis on their X-rays, but many of them have no symptoms of the disease.

Well...some forms of arthritis do come from wear and tear on the joints. And, the older we get, the more our joints tend to wear down. However, there are a couple of important points to remember about arthritis:

- Nearly three out of every five people with arthritis are *younger* than age 65.
- Some elderly people never develop arthritis.
- There are many young adults who are diagnosed with arthritis. In fact, over 8 million Americans under the age of 44 have arthritis.

Here are some famous folks who had, or have, arthritis:

- **Christopher Columbus**, explorer
- **Wayne Gretzky**, hockey player
- **Walt Whitman**, poet
- **Jimmy Connors**, tennis player
- **Lucille Ball**, actress
- **Bart Conner**, Olympic gymnast
- **Barry Gibb**, singer with the Bee Gees
- **Dorothy Hamill**, figure skater
- **James Coburn**, actor
- **Hank Aaron**, baseball player

Babies with Arthritis? What's Up with That?

It's true. Even *babies* can suffer from arthritis. There are at least fifteen types of juvenile arthritis which affect nearly 300,000 American children.

Why do children develop arthritis? Doctors don't know for sure. However, they do know that juvenile arthritis differs from adult arthritis in two major ways:

1. It can be hard to diagnose since the usual tests for arthritis aren't accurate when done on children.
2. Some children with arthritis *outgrow* the disease!

In addition to swollen and painful joints, symptoms of juvenile arthritis may include:

- A high fever.
- A light pink skin rash.
- Swollen lymph glands.
- Inflammation of the eyes.
- Limping, especially in the morning.



Please keep in mind that most children with juvenile arthritis can lead active lives and should be encouraged to get regular exercise.



What Are Some Common Types of Arthritis?

Osteoarthritis

- Osteoarthritis is also known as *degenerative joint disease*. You might see it called OA or DJD, for short. It is one of the most common types of arthritis.
- With osteoarthritis, the cartilage in the joints breaks down slowly over time. After a while, the bones rub against each other which leads to pain and loss of movement in the joint.
- Osteoarthritis is considered a *progressive* disease because it gets worse slowly over a number of years.
- OA occurs most often in the hands, knees, hips, ankles and other weight-bearing joints.
- The symptoms of osteoarthritis are different from person to person, but everyone with OA has some wear and tear of their joints. Other symptoms include:
 - Loss of movement.
 - Pain with movement...and sometimes even at rest.
 - Stiffness and swelling of the joints, especially in the morning.
 - Joint abnormalities like bone spurs, deformities and weakness.

Rheumatoid Arthritis

- Rheumatoid arthritis, known as RA for short, causes inflammation in the lining of the joints. Typically, a number of different joints are affected—on both sides of the body.
- In most cases, RA is chronic, although it alternates between painful *flare-ups* and disease-free *remissions*.
- The cause of RA is unknown. However, doctors do know that it is an autoimmune disorder. This means that the immune system of people with RA is out of whack. Instead of just fighting off bacteria and viruses, the immune system begins to attack healthy joint tissue. This causes the joints to become inflamed and damaged.
- Rheumatoid arthritis affects the entire body, so along with swelling and redness of the joints, some people have the following symptoms:
 - Loss of appetite and weight loss.
 - Fever.
 - Loss of energy.
 - Anemia.
 - Lumps of tissue (nodules) under the skin.

- *Osteoarthritis is responsible for over 7 million doctor visits every year.*
- *OA affects about 21 million Americans, mostly over age 45.*
- *More women are affected with OA than men.*
- *People who play sports or who have physically active jobs have a higher risk of developing osteoarthritis.*



- *One out of every one hundred people has rheumatoid arthritis.*
- *Generally, RA occurs in young adults, usually between the ages of 25 and 50. (There is a form of RA that affects children, too.)*
- *Rheumatoid arthritis affects nearly 3 million Americans, mostly women.*



What Are Some Common Types of Arthritis?

Fibromyalgia

- Fibromyalgia is an arthritis-related condition that causes pain in *muscles, ligaments* and *tendons*—not joints. In fact, the symptoms of fibromyalgia do not include swollen joints.
- Doctors used to say that the symptoms were all in someone's head—because the lab tests for people with fibromyalgia are usually normal. Now, there is a better way to diagnose fibromyalgia. Doctors check 18 specific areas on the body to see if they are tender. To be diagnosed with fibromyalgia, a person must be tender in at least 11 of these sites.
- In addition to these tender spots, symptoms include:
 - Fatigue.
 - Mood changes, including depression.
 - Headaches.
 - Problems concentrating.
 - Numbness in the arms and legs.
 - Abdominal pain and bloating.
 - Alternating constipation and diarrhea.



This photo shows a few of the sites that become tender with fibromyalgia.

Gout

- Gout is an arthritic condition involving the build up of needle-like crystals in a joint. These crystals come from excess uric acid in the body.
- The pain from gout comes on suddenly and is very intense.
- For some reason, the joint most often affected by gout is the big toe. You might also see gout in the knee, ankle, wrist or elbow.
- While the exact cause of gout is unknown, some people get an attack when they eat too much meat or drink too much alcohol. (These substances increase the amount of uric acid in the body.)
- The symptoms of gout may include:
 - Severe pain in the affected joint.
 - Shiny, purplish skin around the joint.
 - Hard lumps of crystals just under the skin. These lumps tend to develop in the outer edge of the ear, near the elbow, over the fingers or toes or around the heel.







Gout is considered the most painful type of arthritis. Here is a big toe swollen due to gout.

- *The years 2000 to 2010 have been proclaimed the **Bone & Joint Decade** by the United Nations (UN) and the World Health Organization (WHO). The idea behind this initiative is to improve the lives of people with musculoskeletal disorders, including arthritis.*
- *The UN and WHO are urging governments around the world to help advance the prevention, education and research for musculoskeletal disorders.*
- *Why is the world focusing on disorders like arthritis? These conditions affect several hundred million people around the globe and a big increase is expected as the number of people over age 50 doubles by 2020!*
- *At least 50 countries around the world, including the United States, are working together to help improve the lives of people with bone and joint disorders.*



Just the Facts!


- Scientists saw evidence of rheumatoid arthritis in the bones of ancient Indians from the year 4500 BC!
- The first joint replacement surgery took place in the late 1800's. However, it wasn't until 1938 that a surgeon successfully replaced a hip joint. 
- Over 200,000 Americans have their knee joints surgically replaced every year.
- Nearly half of all people over the age of 60 have arthritis of the foot and/or the ankle.
- At least one million Americans are newly diagnosed with arthritis every year. 

- Most family practice physicians spend at least 1/4 of their time treating patients with some type of arthritis-related disease. 
- In the U.S., we spend over \$15 billion every year on medical treatments for people with arthritis.
- Arthritis limits the activities of more people than heart disease, cancer or diabetes.
- Arthritis is a major reason why elderly people are admitted to skilled nursing facilities. 
- The CDC reports that sixty percent of all home health clients require assistance because of arthritis.

The Way Some People Treat Arthritis!

Over the years, people have tried a number of alternative treatments for arthritis. Some of these treatments are pretty wacky!

- In ancient times, the Aztecs would put their hands into anthills to ease their arthritis pain.
- People from many cultures have chewed on the bark of a willow tree to decrease joint pain. (It turns out that this treatment isn't so crazy. Willow bark contains salicylic acid which is the main ingredient in aspirin.)
- Some people actually pay money to be stung by bees...about 15 to 20 bees per treatment! The bee venom is supposed to help relieve the pain and inflammation of arthritis.

- Other so-called arthritis "cures" include:
 - Wearing bracelets made of copper.
 - Getting injections of snake venom. 
 - Drinking large amounts of lemon juice.
 - Taking baths in kerosene or WD-40.
 - Drinking the milk of vaccinated cows.
 - Wearing mittens filled with uranium.

If you notice that your clients are trying alternative treatments for their arthritis, please let your supervisor know.

Remember, some alternative arthritis treatments may be helpful...or at least do no harm. However, keep this staggering fact in mind: According to the Arthritis Foundation, for every \$1 spent on arthritis research, \$25 is spent on quack cures.





What Causes Arthritis?

The exact causes of arthritis remain a mystery. However, there seem to be three main factors that play a role in the development of arthritis. These include:

Genetic Factors

- There seems to be a genetic link for developing OA, especially in the joints of the hands. Some people are born with defective cartilage which tends to break down easily.



Accidents, Injuries & Illness

- Some types of arthritis may be due to bacterial infections.
- People with diabetes have a higher risk of developing some forms of arthritis.

- Accidental injuries—such as a dislocated joint, a bad sprain or a fracture—can lead to arthritis.
- Sports-related injuries can cause arthritis.

Lifestyle

- Poor nutrition may be a factor in the development of arthritis.
- Years of poor posture or lack of exercise can contribute to arthritis.

Please remember that some types of arthritis come on slowly—over many years. Other forms of arthritis develop suddenly. In most cases, arthritis causes damage to a joint long before any pain is felt.

How Do Doctors Diagnose & Treat Arthritis?

Doctors diagnose arthritis by:

- Talking with patients about their symptoms.
- Examining people, including watching them walk and move.
- Taking X-rays so that they can see inside a joint. This lets them know the condition of the cartilage.
- Using a CAT scan or MRI machine to take images of joints.
- Performing blood tests to help them know which *type* of arthritis is causing the problem.
- Taking fluid from inside a swollen joint.



Doctors treat arthritis by prescribing and/or suggesting a combination of:

- Medications
- Pain Management
- Nutrition
- Exercise
- Physical and Occupational Therapy
- Surgery
- Alternative Therapies (such as acupuncture)



What Are the Side Effects of Arthritis Drugs?

The type of arthritis medication prescribed for your clients depends on the type of arthritis they have. Each medication has different side effects that you should keep in mind:

NSAIDs. These are *non-steroidal anti-inflammatory drugs* such as aspirin or ibuprofen. Common side effects include stomach upset, indigestion and diarrhea.

COX-2 Inhibitors. Vioxx is a commonly prescribed COX-2 inhibitor. These drugs also help with the pain and inflammation of arthritis. They may cause stomach upset, especially if mixed with alcoholic beverages.

Chemotherapy. Certain medications that were originally developed for cancer patients can be used to treat arthritis. One example is methotrexate. People who take this medication may experience mouth ulcers, nausea and vomiting.

Steroids. One commonly known steroid medication is prednisone. Possible side effects include upset stomach, bloating, increased appetite and weight gain.



Narcotic Analgesics. Some people require narcotic medications to manage the acute pain of an arthritis flare-up. The possible side effects of narcotics include drowsiness, dizziness, nausea, dry mouth and constipation.

Biologic Response Modifiers. An example of this type of medication is Etanercept. This drug is given as a twice-weekly injection. Side effects are minimal, but you might notice some redness and swelling at the injection site.

Remember:
The symptoms of arthritis cannot be cured by any one “magic pill”.

What Can Be Done to Manage Pain?

Remember that the pain experienced by people with arthritis may be caused or made worse by:

- Inflammation.
- Pressure on a joint.
- Fatigue.
- Depression.

So, managing pain usually involves:

- **Medications.** Doctors prescribe drugs to help reduce inflammation and relieve pain.
- **Comfort measures.** Items like special mattresses, splints and cushions help prevent pressure on sore joints. In addition,

techniques like relaxation therapy, deep breathing and meditation provide comfort to people in pain.

- **Rest.** People with arthritis need to balance the amount of activity and exercise in their day with plenty of rest. This helps prevent fatigue and overuse of sensitive joints.
- **Coping measures.** Finding ways to maintain a positive attitude are very important to people who must live with a chronic condition like arthritis.



Let your supervisor know if a client seems to be in pain!





Is There a Special Diet For Arthritis?

Unfortunately, arthritis symptoms cannot be relieved simply by eating a special diet. However, it's important to keep in mind that:

- Any chronic disease—including arthritis—places extra demands on the body. It's important for your clients to eat a balanced diet.
- Some of your clients may need extra calories to give them the necessary energy required to live with arthritis. But other clients may need to watch their calories.
- Regardless of the type of arthritis, extra weight puts additional stress on diseased joints—especially weight-bearing joints like the hips, knees and ankles.
- Studies have shown that losing as little as *eleven pounds* can reduce someone's risk of developing OA of the knee by 50%!

- There are many theories about certain foods being helpful to arthritis sufferers. These include fish oil, green lipped mussels, ginger and garlic. However, scientists have not been able to prove that any certain food relieves arthritis symptoms.
- The best bet for your clients with arthritis is to:
 - Eat a variety of healthy foods from all the food groups.
 - Stay away from high fat, high cholesterol foods.
 - Avoid eating too many sugary foods.
 - Drink alcohol only moderately.
 - Maintain a healthy weight.

Studies have shown that a diet low in sodium, fat, and alcohol can help people avoid the stomach upset that commonly comes from taking arthritis medications.

Won't Exercise Just Make Joints Hurt More?

If your clients are experiencing arthritis pain, they may try to avoid exercise, thinking that their pain will increase if they move around. However, if they don't exercise their joints, the pain will only get worse.

Medications help reduce arthritis pain and inflammation, but only exercise can keep a joint moving the way it should. *Range of motion* exercises increase flexibility while *strengthening* exercises help build muscles.

Range of motion exercises help stretch joints to keep them flexible. They also prevent stiffness and joint deformities.



Strengthening exercises increase the support around a joint by making muscles, ligaments and tendons stronger.

How Can You Help?

- You may be asked to assist with passive or active range of motion exercises. These gentle exercises may be done by any client, even those who are bed bound.
- A therapist may develop exercise plans for your clients. You can help by learning the exercises and doing them along with the client.
- Look for ways to help every client get some daily exercise.



Does Surgery Really Help?

Some people with arthritis can benefit from surgery. An operation on their joint can:

- Improve the way the joint moves.
- Relieve the pain of arthritis.
- Fix a deformity so that the joint functions more normally.



- Bone spurs can be surgically *removed*. This eliminates some types of arthritis pain.
- A joint can be *realigned* so that it is no longer deformed. This type of surgery allows a joint to function better and decreases pain.

There are several types of joint surgery:

- Doctors can *fuse* two bones together at the joint so that the bones no longer rub together. This gets rid of pain, but the person loses the ability to bend the joint.
- A joint can be totally *replaced*. This is most commonly done with the knee and hip joints.

Studies have shown that more men than women have joint replacement surgery—even though many women could benefit from it.



Doctors guess that women:

- Avoid having “optional” surgery that would take them away from their families.
- Have a higher tolerance for pain, so they just put up with it instead of seeking surgery.

What Is Joint Protection?

“Joint protection” guidelines help people perform ordinary, everyday activities without putting additional strain on their joints. Joint protection includes:



- **Asking for help.** This is especially important when a task causes pain in one or more joints.
- **Taking frequent breaks to stretch and shift position.** This helps prevent joints from getting too stiff.
- **Using assistive devices.** There are thousands of different assistive devices available to make everyday tasks easier. These include things like long-handled shoehorns and large-grip silverware.

- **Using good posture.** This is important whether your client is sitting, standing or lying down.
- **Learning new ways to do everyday tasks.** If possible, an occupational therapist can help your clients adapt their activities.
- **Getting regular exercise.** It’s important for your clients to follow any special exercise plan provided by a doctor or therapist.

Try following these joint protection tips yourself to reduce your own risk of developing arthritis!



Questions & Answers About Arthritis



Q: Do more men or women have arthritis?

A: Overall, the incidence of arthritis is pretty evenly divided between men and women. However, there are some types of arthritis that are more common for each sex. For example, for every 100 people with gout, only 5 of them will be women. And, fibromyalgia is twenty times more common among women than men. Rheumatoid arthritis affects more women, but arthritis due to past trauma is more likely to affect men.



Q: What do skin rashes have to do with arthritis?

A: Do you know anyone with psoriasis? Some people with this common skin condition also develop psoriatic arthritis. So, in addition to having patches of rough, scaly skin, people with psoriatic arthritis end up with red swollen joints. This type of arthritis often affects the tips of the fingers or toes.



Q: Are bursitis and tendonitis types of arthritis?

A: Not exactly. They are related conditions since they can affect how well a joint works. But, they have nothing to do with the bones themselves. Instead, bursitis and tendonitis affect the soft tissues around a joint. These conditions may cause pain and swelling of the joint area, but these symptoms often go away on their own.



Q: Are there any new treatments for arthritis coming in the future?

A: Researchers are working on genetic testing that will allow doctors to tell if a newborn baby is going to develop arthritis later in life. This information will give doctors the opportunity to treat individuals long before any arthritis symptoms appear. In addition, new medications are constantly being developed to help with the pain and swelling of arthritis. Scientists also continue to improve the materials and techniques used in joint replacement surgery.



Q: Can osteoarthritis be prevented?

A: Currently, there is no way to prevent the development of osteoarthritis, but there are several ways to protect our joints from damage. These include:

- Maintaining a healthy weight.
- Eating a balanced diet.
- Getting regular exercise.
- Avoiding excessive trauma and impact to the hip and knee joints.



Q: Is arthritis really caused by cold, wet weather?

A: Cold, wet weather does not cause arthritis, although it might aggravate it. Warm, dry weather may be soothing to aching joints, but it can't prevent arthritis. The unfortunate fact is that people in all kinds of weather are affected by arthritis.



How Can You Help Clients Manage Arthritis?

- Keep in mind:



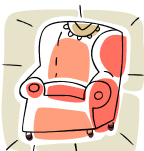
- If you hear popping, clicking or banging noises when your clients move their joints, they may have *osteoarthritis*.
- If you hear a sound like crinkling plastic wrap when they move their joints, they may have *rheumatoid arthritis*.

- Remember that some days are better than others for people with arthritis. Don't be surprised if your clients can function pretty well one day and need lots of help the next.

- Check the fit of your client's shoes. Remember that people's feet can change size as they age. If shoes are too small, they will put pressure on sensitive joints. If shoes are too large, they put your client at risk for falling.



- Remind your clients to change position frequently. This includes the position of their jaw, neck, hands, shoulders, arms, hips, legs, back and feet. Encourage them to stretch any area that feels tense or stiff.
- Keep in mind that people with arthritis may find it easier to climb stairs one at a time, leading with their stronger leg.
- Remind your clients to use the strongest joint possible to complete a task. For example, rather than open a door with their arthritic hand, they can push it open with a shoulder instead.



- Encourage your clients with arthritis to sit in chairs with arms so they can push on the arms when getting up.

- Be sure to balance periods of exercise and activity with periods of rest.



- Remember that some of your clients may have specially made splints to help keep their joints in the correct position and reduce pain. Your clients may need help putting on and taking off these splints.
- Encourage your clients to use proper posture. This helps prevent additional joint damage. (And, keep in mind that slouching actually requires more energy than sitting up straight!)
- Remember that sleeping with only one pillow under the neck is best. More than that raises the head too much and can cause neck pain.
- Encourage your clients to use any self-help devices they may have to help them bathe, dress or eat. If they don't know how to use a particular assistive device, let your supervisor know.
- If your clients are trying to lose weight to reduce the pressure on their joints, help them learn about serving sizes. For example, one serving of meat is the size of the palm of your hand. One serving of cheese is like a pair of dominoes. One serving of vegetables is the size of your fist.
- Learn all you can about managing pain and using assistive devices so that you can help clients cope with arthritis even more.
- Be sure to let your supervisor know if a client has pain, stiffness or swelling in or around a joint.





IN THE KNOW

The Inservice Club for Nursing Assistants

Are You “In the Know” About Arthritis?

Circle the best choice, or fill in your answer. Then check your answers with you supervisor!

1. TRUE or FALSE

Because it is part of the normal aging process, all people develop arthritis as they get older.

2. TRUE or FALSE

Many types of arthritis develop because the ligaments attached to the joint wear out.

3. TRUE or FALSE

Osteoarthritis is a progressive disease that worsens slowly over time.

4. TRUE or FALSE

Rheumatoid arthritis affects the entire body—not just the joints.

5. _____ is an arthritis-related disease that does not cause swollen joints.

6. _____ causes sudden, intense pain, often in the big toe.

7. People are probably at risk for developing arthritis if they:

- A. Had measles when they were kids.
- B. Are overweight.
- C. Drink a lot of milk.
- D. Crack their knuckles frequently.

8. To manage their pain, people with arthritis should:

- A. Exercise only once a month.
- B. Move to someplace where it’s warm and dry.
- C. Try to ignore their aching joints.
- D. Balance their activities with plenty of rest.

9. TRUE or FALSE

Some kind of stomach upset is one of the most common side effects of arthritis medications.

10. TRUE or FALSE

Range of motion exercises are more important than strengthening exercises for people with arthritis.

EMPLOYEE NAME _____

DATE _____

I understand the information presented in this inservice. I have completed this inservice and answered at least eight of the test questions correctly.

Employee Signature _____

Inservice Credit: 1 hour

Supervisor Signature _____

File completed test in employee’s personnel file.

Self Study _____

Group Study _____