

# Rheumatology teaching

## GP VTS teaching 27/5/2015

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GP ST2

# Mr S, 62

- Musculoskeletal pains
  - Shoulders, elbow
  - 2 months: pain and swelling of fingers and knuckles
- Manual work
- Naproxen helps, then symptoms return a few days later

# Mr S, 62

- (Elbow) Wrists, fingers: “ache”
- Every day: swollen and painful
  - Not red or hot
- Morning, before work, ~1hr
  - Working helps!
  - As does naproxen, but not as much as before
- Gets dressed, climbs stairs: ok
  - “A little longer to get ready in the morning”
- Otherwise feels fine

# Inflammatory arthritis: Rheumatoid arthritis

- Multisystem inflammatory condition
- RA: progressive inflammatory polyarthropathy (hands) -> joint deformity and destruction
- Ankylosing spondylitis, psoriatic arthritis, reactive arthritis...
- CV, Resp, Abdo, Haem, Skin, Neuro, Mental health...

# Incidence

- 1 new case every 2 yrs
- Joint-pain/arthritis
  - Non-inflammatory
  - Inflammatory
    - Seropositive (RhF +)
    - Seronegative

# How to spot an inflammatory arthritis

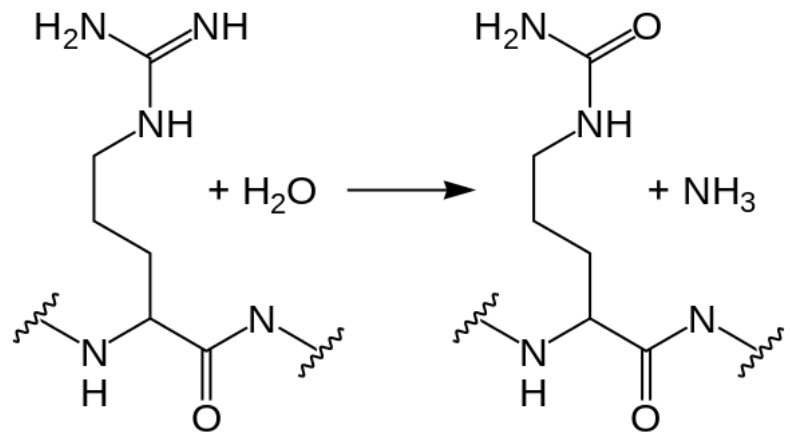
- Symmetrical, small joint involvement
- Redness, swelling, pain, warmth
- Early morning *stiffness* >60mins
  - “How long until you’re as good as you’re going to be?”
- Stiffness improves on activity and/or NSAIDs
- Systemic symptoms
- (No precipitating trauma)

# What next?

- Symptom-control
- Activity
- !Prompt referral!
  - 3 months

# Investigations

- Imaging
- Blood tests
  - FBC, U+E, LFT
  - CRP, ESR, RhF, anti-CCP





# Our further role

- Education
- Monitoring
- Vaccinations
- Flares
- Annual review

# Key points

- Early recognition and referral
- Early aggressive treatment = better outcome
- Flares
- Monitoring, annual review, psychological support

Symmetrical small joint involvement  
Swollen, hot red, tender  
Early morning stiffness  
Improves on movement  
Systemic symptoms

