**SYSTEM:** Immune  
**CONDITION:** Rheumatoid Arthritis (RA)  
(BOLD content unlikely to be covered elsewhere in the curriculum)

<table>
<thead>
<tr>
<th>Content</th>
<th>Educational Objectives</th>
<th>Level of Mastery *</th>
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</thead>
</table>
| **Examination: History**  
  • Clinical features of RA highlighting gender prevalence, diagnostics, symptoms, and impairment presentations of each.  
  • Key diagnostic (lab and radiography) tests and expected findings |  
  • Describe the clinical features, symptoms and impairment presentations of RA and compare/contrast to other immune and arthritic conditions and how these differ by gender  
  • Discuss key diagnostic tests including sedimentation rate, C reactive protein, CBC, and rheumatoid factor and results that confirm diagnosis | F |
| **Examination: Tests and Measures**  
  • Typical RA manifestations - Heberden’s nodes, common joint abnormalities (swan neck, boutonniere, ulnar drift, hammer toes)  
  • Evidence supported classification of RA |  
  • Recognize systemic manifestations of RA  
  • Discuss and apply the Revised Criteria for the Classification of RA  
  • Perform a systems review and recognize when a referral is necessary and/or how systemic effects may impact the PT POC.  
  • Recognize implications for decrease in function due to joint deformities and discuss pathophysiologic process for this adaptation | F, F, P |
| **Evaluation:**  
  • PT’s role in the management of patients with RA  
    o Coding  
    o Documentation  
  • Prognostic indicators associated with RA both negative and positive  
  • Discuss validated outcome measures including quality of life assessments |  
  • Discuss ICD-9/10 codes appropriate for primary and secondary impairments associated with RA  
  • Communicate a realistic prognosis utilizing information from prognostic indicators  
  • Develop a safe and evidence-based treatment program for a patient that incorporates individual prognostic factors  
  • Demonstrate use of standardized outcome measures related to RA | F, F, P, F |
| **Interventions**  
  • Evidence supported interventions used in the various stages of RA  
  • Review evidence related to the use of exercise (ROM, strengthening, stretching, aerobic, aquatic) throughout the various stages of disease  
  • Management of common co-morbidities- fatigue, emotional health, energy conservation Disease sequelae and patient/family education needs |  
  • Discuss contraindications to PT interventions in order to apply a safe POC (modalities, manual therapy)  
  • Demonstrate ability to modify exercise interventions to stage of patients’ RA  
    o Modify plan based on co-morbidities present  
  • Educate the patient/family on the overall management of the disease using appropriate communication and teaching methods | F, P |
<table>
<thead>
<tr>
<th>Prevention and Wellness</th>
<th>• Patient and family education for ongoing energy and joint conservation, and prevention and wellness</th>
<th>• Describe common patient education methods to enhance energy conservation, joint protection mechanics and overall wellness for patient’s with RA</th>
<th>F</th>
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<tbody>
<tr>
<td>Medical management</td>
<td>• Pharmacologic methods used to treat all stages of RA</td>
<td>• Recognize common pharmacologic methods used to treat all stages of RA and their potential effects on patient functioning and PT needs</td>
<td>F</td>
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<td>• Common surgical interventions used to treat joint deformities</td>
<td>• Discuss PT management s/p surgical treatment of joint deformities</td>
<td>F</td>
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<td>• Can describe patients physical therapy needs to health care team based on functioning</td>
<td>P</td>
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* F = Familiar; P = Proficient; M= Mastery