Chapter 71:

LEARNING OBJECTIVES

On completion of this chapter, the reader will be able to:

1. Describe two physical and/or chemical characteristics of articular cartilage that make it suitable for its role in joint function.
2. List three risk factors for the development of osteoarthritis (OA).
3. Explain the basic pathophysiology of OA.
4. Discuss the benefits and challenges associated with exercise as a treatment modality to decrease OA pain.
5. Appropriately counsel an overweight patient with OA regarding the value of weight loss and exercise for the treatment of OA pain.
6. Explain the mechanism of action of nonsteroidal antiinflammatory drugs (NSAIDs) in the treatment of OA.
7. Explain the mechanism of action of COX-2–selective NSAIDs, differentiating them from nonspecific antiinflammatory drugs.
8. Select a drug regimen for a patient with OA who has failed an appropriate trial of acetaminophen.
9. Develop a monitoring plan for a patient with OA pain on long-term (>3 weeks) nonspecific NSAID therapy.
10. Differentiate the effects of acetaminophen, aspirin, nonspecific NSAIDs, and COX-2–selective inhibitors with respect to bleeding risk.
11. Discuss the cardiovascular risks associated with the use of NSAIDs, specifically evaluating nonspecific NSAIDs as compared to COX-2–selective agents.
12. Develop a patient-specific treatment and monitoring plan for the administration of intraarticular corticosteroids for the treatment of OA pain.
13. Select appropriate second-line adjunctive therapy for a patient with knee OA.
14. Formulate appropriate counseling information for patients with OA pain utilizing topical analgesics for the treatment of knee and hand OA.
15. Recommend an appropriate drug therapy plan to minimize adverse events associated with opioid therapy in the treatment of the elderly OA patient.