

## **Course Overview/Description**

As a health care worker, you play an important role in the health and well-being of your clients. This course will enhance your care of clients who have arthritis by helping you recognize and respond to the signs and symptoms of this chronic disease and then provide arthritis-specific comfort and care measures.

This course consists of four modules, which when completed, provides eight hours of continuing education. In the first module, you will gain a general understanding of arthritis, the risk factors, signs and symptoms, and the warning signs that warrant immediate medical care for the client. In the next module, you will learn about types of arthritis and how the different types are diagnosed. The third module covers how arthritis is treated through medications, medical treatments, and alternative therapies. In the last module, you will learn how to offer effective comfort and care measures for the client with arthritis as well as the family caregivers.

To add realism to the course, as you move through it, you will “meet” and interact with five different virtual clients, learning how to identify if they have the risk factors and/or signs of arthritis and what you can do to provide comfort and care measures for their individual situations. The course also includes periodic “Knowledge Checks” that will help ensure you understand the content you are learning. Each of the four modules ends with an exam that you must successfully pass in order to move forward with the rest of the course.

You will learn new things and expand your frame of reference by successfully completing the course for Care of the Client with Arthritis. It is designed to help you learn how to give your clients a higher level of service than you might be used to providing. The goal of this course is to help you become an even more valuable member of the team that serves your clients.

## Course Outline

### Welcome & Orientation

### Course Introduction

### Module 1 – Overview of Arthritis

**Goal:** To be able to provide the best care for clients with arthritis, health care workers should know how joints normally operate and how arthritis affects them.

**Objectives:**

- State what arthritis is.
- Identify the risk factors for arthritis.
- Recognize the signs and symptoms of arthritis.
- Explain when a client with arthritis should seek medical care.

#### Module 1 Lessons

- Lesson 1: What is Arthritis?
- Lesson 2: Causes of Arthritis
- Lesson 3: Red Flags: Symptoms of Arthritis

### Module 2 – Diagnosing Arthritis

**Goal:** Based on your basic knowledge of arthritis, you will gain insight into the most common types of arthritis and how they are diagnosed.

**Objectives:**

- Describe the major differences between the prevalent types of arthritis.
- Identify the most common lab tests and exams used to diagnosis types of arthritis.
- Describe the process physicians undergo with the client to develop a diagnosis.

#### Module 2 Lessons

- Lesson 1: Diagnosing Arthritis
- Lesson 2: Exams and Tests for Arthritis

## Module 3 – Treatment of Arthritis

**Goal:** You will be able to assist your clients with understanding the medications, treatments, and therapies for arthritis.

**Objectives:**

- Provide clients with basic information regarding medications used in treating arthritis.
- Help clients take precautions to minimize side effects of medications used to arthritis.
- Describe medical therapies other than medication used to treat the symptoms of arthritis.
- Provide clients with basic information about alternative medicine and treatments.

### Module 3 Lessons

- Lesson 1: Medications
- Lesson 2: Other Medical Management
- Lesson 3: Alternative Therapies for Arthritis

## Module 4 – Comfort and Care Measures for the Client with Arthritis

**Goal:** By the end of this module, you will be able to determine effective comfort and care measures for clients with arthritis as well as their family caregivers, including lifestyle changes and warning signs to watch for.

**Objectives:**

- Determine effective comfort and care measures to help the arthritis client.
- Advise which lifestyle changes can have a positive effect on the arthritis client.
- Recognize the warning signs of possible complications and medication side effects.

### Module 4 Lessons

- Lesson 1: Self-Managing Arthritis
- Lesson 2: Lifestyle Changes for Arthritis Client
- Lesson 3: Preventing Complications for the Arthritis Client