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Diploma in Pharmacy 2 <sup>nd</sup> Year Pharmacotherapeutics Important Questions Chapter 2 (h) : Musculoskeletal disorders	,
Questions	Page No
Q1. What is Rheumatoid Arthritis ? Give etiopathogenesis, clinical manifestations, pharmacological management, and non- pharmacological management.	3
Q2. What is Osteoarthritis ? Give etiopathogenesis, clinical manifestations, pharmacological management, and non-pharmacological management.	4



## Chapter 2 (h) Musculoskeletal disorders IMPORTANT Questions

Q1. What is Rheumatoid Arthritis ? Give etiopathogenesis, clinical manifestations, pharmacological management, and non-pharmacological management.

#### Ans.

# **Rheumatoid** Arthritis

→ RA is a chronic , progressive ,inflammatory musculoskeletal disorder affecting many joints and patient suffers from swelling and pain of joints.

## Etiology

- Genetic
- Autoimmune disorder
- Environmental factors
- Hormones

## Pathogenesis Clinical Manifestations

- Joint pain
- Swelling of joint
- Redness of joints
- Joint stiffness particularly in the morning or after sitting continuously

## Non Pharmacological Management

- Make the diet charts and follow accordingly and avoid the fattier and lipids contents in the diet.
- Change the lifestyle and apply the home remedies means replace the allopathic medicine with ayurvedic medicine (because of less side effects)
- ✤ Regular practice of yoga exercise and other physical exercise

## Pharmacological Management

- Rheumatoid arthritis has no known treatment. However clinical trials show that early therapy with Disease Modifying Anti-Rheumatoid Drugs (DMARDs) reduces the symptoms.
- Drug recommendation will be based on the severity of symptoms and the duration of rheumatoid arthritis.
  - **NSAIDs :** Pain and inflammation can treat with NSAIDs . paracetamol , ibuprofen , diclofenac , Meloxicam etc.
  - **Steroids :** Corticosteroids( prednisolone ) reduces inflammation , pain and damage of joints.
  - **Conventional DMARDs :** These drugs can reduce the progression of RA , and prevent permanent damage to joints . **examples :** Methotrexate , leflunomide ( immunosuppressive ) Hydroxychloroquine (immunosuppressive) , Slfasalazine ( reduces inflammation ) .



Autoimmune disorder Activation of CD4 + T cells Production of Cytokines Cytokines induce inflammation Rheumatoid Arthritis

# Q2. What is Osteoarthritis ? Give etiopathogenesis, clinical manifestations, pharmacological management, and non-pharmacological management.

#### Ans.

# Osteoarthritis

→ OA is a type of arthritis and it is most common progressive joint condition in which the protective tissues ( cartilage , synovial fluid ) at the end of bones wears down . and causes pain in joints.

## Etiology

- Past injury ( torn cartilage , ligament injury , or dislocation of joints )
- Metabolic disorder ( degeneration of cartilage or fluid of joints )
- Obesity
- Poor posture
- Genetic
- Diabetes
- Poor diet
- Ageing

## Pathogenesis Clinical Manifestations

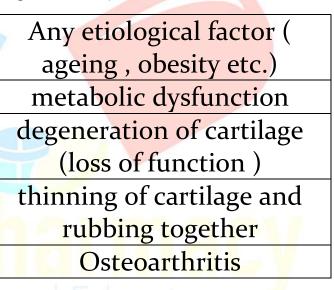
- Joints pain
- Stiffness in the joints
- Inflammatio<mark>n</mark>
- Reduce motion and flexibility range
- Sound of cracking , clicking or popping on moving the joints

## Non Pharmacological Management

- ✤ Exercise
- Weight loss
- Avoiding wrong posture
- Taking healthy diet

## **Pharmacological Management**

- Oral Pain Relievers : Paracetamol
- Topical pain reliever : Diclofenac Emulgel, ketoprofen gel, piroxicam gel, diclofenac Flector plaster, and diclofenac other plaster.
- SAIDs : Ibuprofen , Naproxen etc , they reduce pain and swelling.
- Corticosteroids : They suppress immune system and reduce inflammation : Cortisone , triamcinolone.
- Duloxetine : It is an antidepressant and approved by FDA for treatment of Musculoskeletal problems.





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