

WELCOME

TO



This is an Education Platform

We provide Free PDF Notes and Videos Classes for Pharmacy Students

Web Site <http://www.fdspharmacy.in/>

You tube <https://www.youtube.com/channel/UC77iEsiuZolU4pB8WAJIR5Q>

What app <https://chat.whatsapp.com/IzSgXtFEvhS4LN5xhUgq5z>

Telegram <https://t.me/+cvxm17xSloA4MjVI>

Face book <https://www.facebook.com/Fdspharmacy-105764311994440/>

E-mail fdspharmacyinfo@gmail.com

Diploma in Pharmacy 2nd 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

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

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) , Slsasalazine (reduces inflammation) .

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
- ✚ Inflammation
- ✚ Reduce motion and flexibility range
- ✚ Sound of cracking , clicking or popping on moving the joints

Any etiological factor (ageing , obesity etc.)
metabolic dysfunction
degeneration of cartilage (loss of function)
thinning of cartilage and rubbing together
Osteoarthritis

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.
- ❖ **NSAIDs** : 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.

Hello

Friends

**If you Get Any Help From This Notes /
Videos**

Next You Turn To Help Us

Please Contribute Some Amount

To Our

FDSPharmacy Team

Phone pe 6398439940

Paytm 6398439940

Google Pay 6398439940



Amir Khan

Thank You

Keep Supporting