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RHEUMATOLOGY APPROACH

DR. WALID WADI, MD, MSC

INTERNAL MEDICINE/RHEUMATOLOGY

COLLEGE OF MEDICINE

MU'TAH UNIVERSITY



RHEUMATOLOGY

مبحث الرثويات

Early

Intermediate

Late



RHEUMATIC DISORDERS

- **Acute/Chronic**
- **Systemic**
- **Inflammatory**
- **Autoimmune**
- **Joint symptoms may be prominent, among other systemic systems, or almost not appreciable**

HISTORY

- **Articular**
- **Constitutional**
- **Extra-articular manifestation**

HISTORY

A. Articular

- **Arthralgia / Arthritis.**
- **Mono/ Oligo / Poly-articular.**
- **Pattern of joint involvement: additive, intermittent, migratory**
- **Small /Large or both.**
- **Symmetrical /asymmetrical**

ARTICULAR HISTORY- SITE OF INVOLVEMENT

- **DIP= OA, Psoriatic arthritis (not involved in RA)**
- **MCP= RA, SLE**
If MCP are not involved then RA is?
- **1st MTP= Gout, OA**

ARTICULAR HISTORY (CONTIN.)

- **Symmetrical= RA, SLE, Systemic sclerosis.**
- **Asymmetrical=OA, seronegative spondyloarthropathy.**

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- **Large joints=OA, Serongative spondyloarthropathy other than PsA**
 - **Small and large joints: RA, SLE, Psoriatic arthritis,**

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- **Relation to movement.**
 - **Worse at rest Inflammatory**
 - **Worse on movement Non-inflammatory**
(mechanical).

- **Early morning stiffness:**
 - < 30 min. **Non-inflammatory (OA)**
 - > 30 min. **Inflammatory arthritis**
 - > 1 hr **RA**

BACK PAIN

- **Inflammatory pain**
- **EMS**
- **Site of involvement:**
 - Cervical region RA AS**
 - Low back pain (SI) SpA**
 - Mid back pain infection TB Brucellosis**

DURATION OF ARTHRITIS

- **<6 wks= viral arthritis, systemic rheumatic diseases.**
- **>6 wks=systemic rheumatic diseases**





MONOARTHRITIS

- Acute septic arthritis
- Crystal induced arthritis
- Hemarthrosis
- Early stage of a systemic rheumatic disorder.

OLIGOARTHRITIS (SERONEGATIVE SPONDYLOARTHROPATHY)

- Ankylosing spondylitis
- Psoriatic arthritis
- Reactive arthritis
- Enteropathic arthritis
- Undifferentiated spondyloarthropathy

OLIGOARTHRITIS

(Sero-negative spondylo-arthropathy)

- **A symmetrical, large joint, oligo-arthritis. (Except for psoriatic arthritis).**
- **Can present with mono-arthritis.**
- **Axial involvement (SI joint).**
- **Eye/ Lung/ Heart / skin.**
- **Rheumatoid factor/anti CCP are negative.**

POLYARTHRITIS..

- **Rheumatoid Arthritis**
- **Systemic lupus Erythematosus**
- **Psoriatic arthritis**
- **Viral arthritis**

- **B. Constitutional symptoms**

- **Fever**

- Fever can occur in almost in almost all**

- Rheumatic disorders.**

- **Sweating Brucellosis TB**

- SLE RA**

- **Weight loss TB Lymphoma**

- **C. Exrta-articular manifestation**

- hair fall

- rash malar discoid relation on sun exposure

- photosensitivity

- oral ulcers SLE BEHCET

- Respiratory ILD RA SLE SCLERODERMA

- CVS IHD Arrythmias Pulmonary HPT.

- **Contin. Exrta-articular manifestations.**

- **Renal edema, frothy urine, hypertension**

- **Hematological anemia purpura**

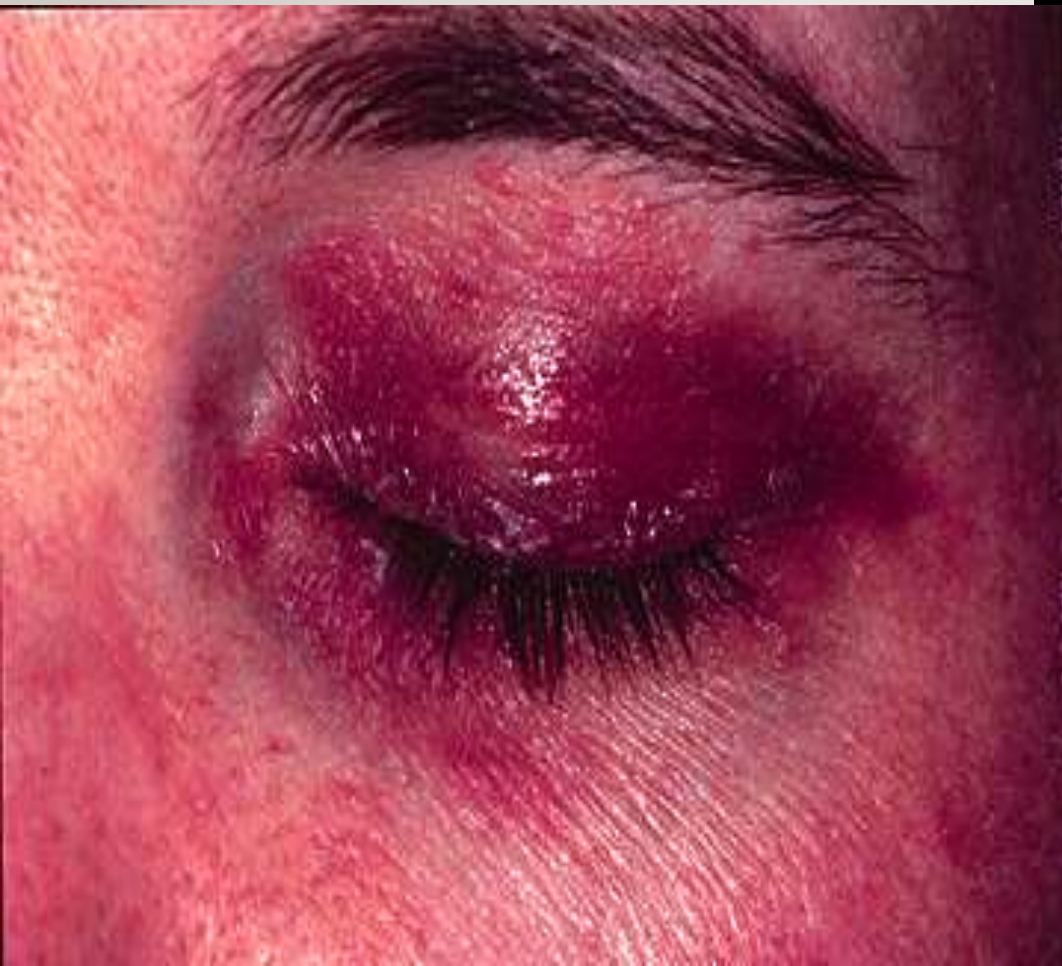
- **CNS headaches cognitive impairment
seizure strokes**

MYOSITIS

- **Muscle pain**
- **Proximal muscle weakness**
- **Skin lesions : Heliotrope rash/ gottron's papules**
- **i.e**
- **Polymyositis /Dermatomyositis**

SYMPTOMS OF MUSCLE WEAKNESS

- **Proximal muscle weakness (Upper limbs)**
 - Difficulty in getting dressed or undressed
 - Difficulty in combing hair
- **Proximal muscle weakness in lower limbs**
 - Difficulty in getting up from sitting position
 - Difficulty in getting up stairs



PHYSICAL EXAMINATION (RHEUMATOLOGY)

KOILONYCHIA(SPOONING)



ONYCHOLYSIS



NAIL PITTING



OSTEOARTHRITIS



Raynaud's phenomenon

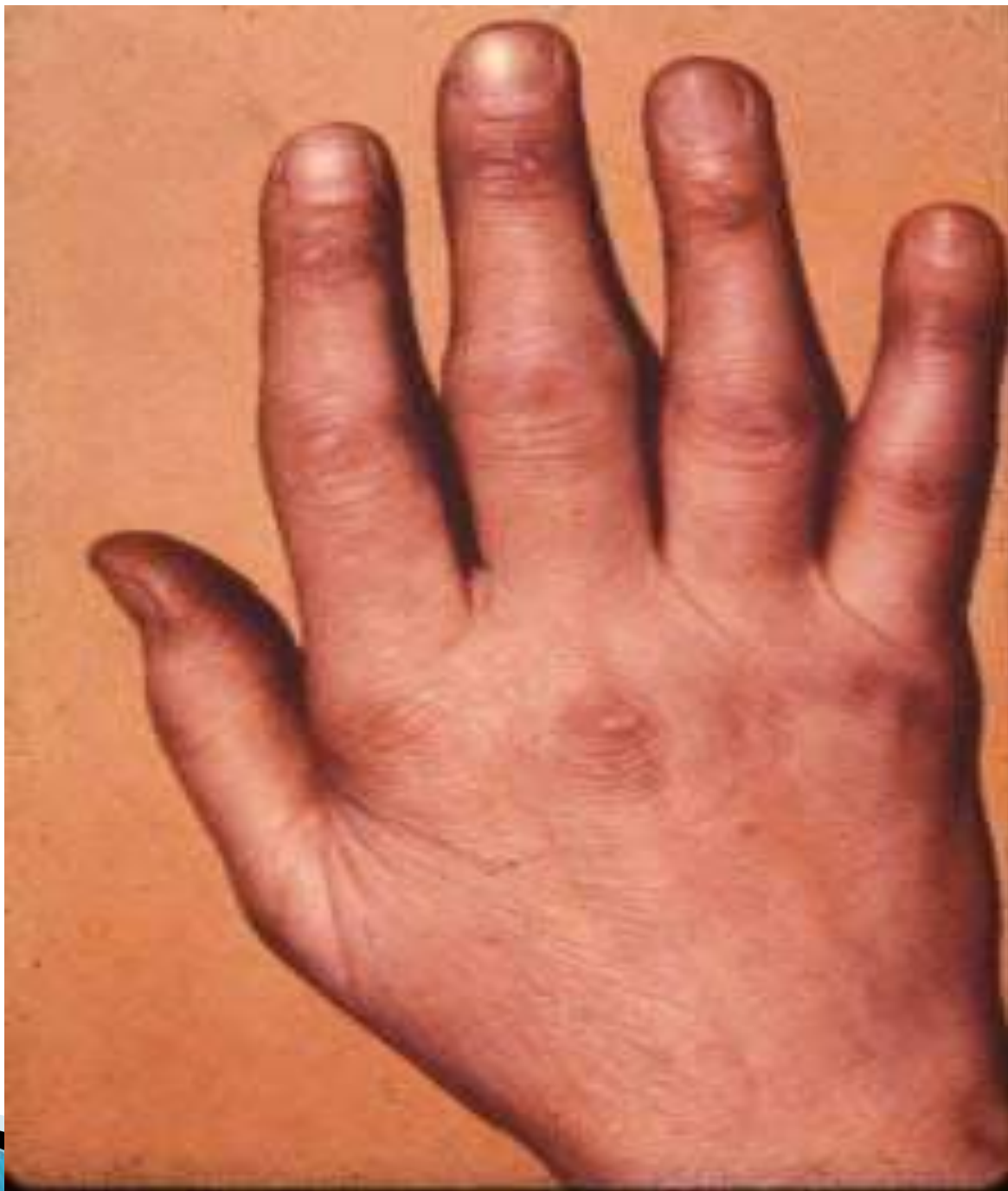


SCLERODERMA

EARLY

LATE















JOINT MOVEMENT

- **If active and passive movements are affected**

Joint pathology

- **If active movement is impaired and passive movement is normal**

Peri-articular pathology

SPECIAL MANEUVERS

Carpal tunnel syndrome

- Tinel's test
- Phalen's test

THANK YOU

