Rheumatoid Arthritis Exam

History
HPC
- Ask about:
  - Pain
  - Stiffness
  - Swelling
- Pattern of disease:
  - First symptoms
  - Which joints
  - How many and which joints are affected now
  - When are symptoms worse
  - Have symptoms responded to different treatments
- Associated features:
  - Weight loss
  - Bowel habit
  - Fever
  - Sensation/paresthesia
  - Skin and hair changes
  - Eyes
- Triple diagnosis:
  - Work: change in task/occupation
  - Home: ADLs/chores/home aids
  - Social: hobbies/transport

DH
- Compliance
- How long
- Helping
- Side effects

PMH
- Relevant

FH
- Any autoimmune conditions:
  - thyroid
  - haemolytic
  - pernicious anemia
  - addisons
  - sjogrens
  - carpal tunnel

\[ \Rightarrow \text{anaemia} \]
Hand Examination

- Roll sleeves
- Pillow under hands
- Head to toe observe:
  - Cushingoid features:
    - Moon facies
    - Buffalo hump
  - ?walking aids

Look

[in pronation]
- Nails
  - Psoriatic
  - Vasculitic changes
- fingers
- Wrist - ?prev carpal tunnel scar
  [touch fingers to shoulders]
- Look for nodules
- Run fingers down forearm for temp
  [in supination]
- Look for:
  - Palmar erythema
  - Dupytrens
  - Thenar eminence bulk

Feel

[IF I HURT YOU AT ANY POINT TELL ME IMMEDIATELY ⇒ offer to examiner to stop due to pain]
- ?tendernous
- temp – using back of hand
- Fingers – pinch skin on back for tightness
  ≈sclerodactyly
- palpate each joint /nodule
- MCP squeeze – squeeze laterally
  ≈pain ≈ active inflammation

Nerve tests

- Sensation:
  - Ulnar: base 5th digit
  - Median: base 2nd digit
  - Radial: snuff box
- Motor:
  - Median
    - elbow lesion – loss AbPB and FPL 2nd digit
    - Carpel tunnel lesion ≈ FDP of 2nd digit spared
  - Ulnar:
    - Elbow lesion – loss interossei and FPL 4th digit
    - Guyons canal lesion – FDP of 4th digit spared
  - Radial:
    - Check wrist extension

Offer to do Tinell’s/Phalen test

Signs:

- Boutonnier = hyper extension of DIP
  ⇒ due to rupture central portion ext tendon
- Swan Neck = hyper ext PIP, fixed flex DIP
  ⇒ due to fibrotic contraction of interossei
- Mallet Finger = fixed flex contracture at DIP
- Z shaped thumb
- Trigger finger & shortening
- MCP ulnar deviation
- MCP subluxation
- Prominent ext tendon 2nd to interossei atrophy
- Loss guttering between MCPs 2nd swelling
- Sausage shaped fingers
Move
- Prayer & inverted prayer
- Flexion of all digits to wrist
- Opposition of thumb
- Fist
- Grip strength
- Write name
- Buttons
- Door handle – use your hand to mimic handle

Assess Surrounding Joints
- Quick screening assessment of elbow

Systemic Exam

Face
- Sjogrens
- Anaemia
- TMJ crepitus

CVS
- Aortic regurg
- ↑JVP secondary to constrictive pericarditis

Resp
- percuss and auscultate:
  - ?effusion
  - ?CFA

Abdo
- palpate - ?hepatosplenomegaly ≈ Feltys syndrome

Kidneys
- dip urine
- ?amyloid Ax

Links RA and CRF
- vasculitis
- interstitial nephropathy 2nd to NSAIDs
- amyloid