

Rheumatoid Arthritis Exam

History

HPC

- Ask about:
 - Pain
 - Stiffness
 - Swelling
- Pattern of disease:
 - First symptoms
 - Which joints
 - How many and which joints are effected now
 - When are symptoms worse
 - Have symptoms responded to diff treatments
- Associated features:
 - Weight loss
 - Bowel habit
 - Fever
 - Sensation/parathesia
 - 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
- } ⇒ 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 **carpel tunnel scar**

[touch fingers to shoulders]

- Look for nodules
- Run fingers down forearm for temp

[in supination]

- Look for:
 - Palmar erythema
 - Dupuytren's
 - Thenar eminence bulk

Feel

[IF I HURT YOU AT ANY POINT TELL ME IMMEDIATELY ⇒ offer to examiner to stop due to pain]

- ?tender
- 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 **Tinnels/Phalen test**

Signs:

- Boutonniere = 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 mimick 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 ≈ Felty's syndrome

Kidneys

- dip urine
- ?amyloid Ax

Links RA and CRF

- vasculitis
- interstitial nephropathy 2nd to NSAIDs
- amyloid