
Contents

SECTION 1 SETTING THE SCENE

This section provides an overview of the musculoskeletal system and the immune system and describes how rheumatic conditions affect them. A chapter is also devoted to the different investigations that are used to diagnose and assess the patient. The central role of the nurse caring for the rheumatic patient is discussed and the benefits of adopting a therapeutic rather than an exclusively supportive framework is advocated. The expanding role of the nurse within the speciality is explored, including the role of the consultant nurse, nurse-led clinics and academic nursing roles.

- 1 The Principles, Practice and Evolution of Rheumatology Nursing** 3
Sarah Ryan and Jackie Hill
- 2 The Musculoskeletal System and the Rheumatic Diseases** 25
Valerie Arthur and Jackie Hill
- 3 The Immune System and Rheumatic Disease** 93
Susan Oliver
- 4 Biochemical, Haematological and Clinical Assessments in the Rheumatic Diseases** 123
Jackie Hill

SECTION 2 ADDRESSING THE PATIENT'S PROBLEMS

People who have rheumatic diseases encounter many physical, psychological and social problems. This section will highlight the problems and this will enable the nurse to address them systematically using effective methods of intervention. A model based on patient problems is used as a framework to provide a logical and structured approach to care.

- 5 The Psychological Aspects of Rheumatic Disease** 151
Sarah Ryan

- 6 The Effects of Rheumatic Disease on Body Image and Sexuality** 173
Jackie Hill
- 7 The Social Implications of Rheumatic Disease** 193
Sarah Ryan
- 8 Pain and Stiffness** 217
Jackie Hill
- 9 Fatigue and Sleep** 245
Christine White
- 10 The Skin and Nutrition** 271
Naomi Reay, Sally Smith and Jill Byrne

SECTION 3 THERAPEUTIC INTERVENTIONS

The multifaceted nature of rheumatic diseases requires a combination of therapies. In addition to conventional treatments such as drug therapy and surgery, this section includes complementary therapeutic interventions such as aromatherapy and acupuncture. Continuing the theme of empowering and working in partnership with the patient, this chapter is underpinned by a chapter on patient education.

- 11 Multidisciplinary Team Care of the Rheumatic Patient** 311
Pauline Fitzgerald
- 12 Medications in the Rheumatic Diseases** 337
Jo White and Domini Bryer
- 13 Complementary Interventions** 373
Anne Cawthorn and Peter Mackereth
- 14 Surgical Interventions** 401
Maureen Cox
- 15 Patient Education** 435
Jackie Hill

SECTION 4 PRIMARY AND PAEDIATRIC CARE

A person with a rheumatic disease is often cared for in both the primary and secondary sector. This 'shared care' makes an important contribution to the patient's well-being but requires adequate support mechanisms to function efficiently. The factors necessary to implement effective shared-care schemes

are discussed in detail. The final chapter concerns children and young people. Although children with rheumatic diseases share many of the problems faced by adults, they and their families also confront many discrete additional problems. The chapter on paediatric care provides a description of the classification of Juvenile Idiopathic Arthritis and its treatments, and describes the educational and psychological needs of this vulnerable group.

16 Seamless Primary and Secondary Care 461

Mandy Edwards

17 Paediatric Care 483

Gill Jackson

Index 519

