

**Unit: Arthritis
Osteoarthritis**

Objective

Ps will identify osteoarthritis and its symptoms, risks, and treatment

Materials

- Symptoms flashcards
- Risks flashcards
- Managing Osteoarthritis flashcards
- Normal joint and osteoarthritis joint pic 1
- Normal joint and osteoarthritis joint pic 2
- Teacher Notes

Step 1 Warm Up (15 minutes)

Introduce the topic of arthritis/osteoarthritis:

- Ask the participants “What is arthritis?” Record any of their responses on the board.
- Ask them to name what type of arthritis they know of (if they have already done so then go back to those words on the board and name them again and then add any others they may have missed.)
- Go back to the word “Osteoarthritis”. Ask them what they know about this type of arthritis. Record their answers.
- Does anyone have osteoarthritis? Do they know anyone that has it?
- Explain that today they will learn about one type of arthritis that is very common, called *osteoarthritis*.

Step 2 Work out (45 minutes)

All about osteoarthritis:

- Write the word *osteoarthritis* on the board. Write the following words below it:

What is it?

Symptoms.

Risk Factors

Managing Osteoarthritis

- Ask the participants to look at the question *What is it?* If any of the definitions they gave in the warm up activity were correct write that answer beside the *what is it* question. If not write the following definition:

Osteoarthritis is the most common form of arthritis. 1 out of 10 Canadians are affected with osteoarthritis. This is sometimes a part of aging. Osteoarthritis wears down cartilage, the material that cushions the ends of bones.

- Show the **normal joint and osteoarthritis joint** pics 1 and 2. Discuss meanings of the vocabulary such as joint and cartilage. (see teacher notes if you need help with these definitions)
- Look at the word *Symptoms*. Ask the Ps what they think symptoms would be. Discuss this for a bit and then show them the **symptom flashcards**. Go over each symptom together. Does anyone have these symptoms?
- Look at the word *Risk Factors*. Discuss the meaning of that. Do they know what the risk factors are to get arthritis? Discuss possible risk factors and then show them the **risk factors flashcards**. Does anyone have these risk factors?
- Look at *Managing Osteoarthritis*. Discuss the meaning of that. Do they know ways to manage it?
- Put them into pairs and give each pair one of the **Managing Osteoarthritis Flashcards**. Ask the pairs to discuss what they think the flashcard means. What does the picture show about how you manage osteoarthritis?
- Have them return to the main group and one by one go over what they came up with about each flashcard. If they are not correct write the correct answer on the board. Discuss.

Step 3 Cool Down (10 minutes)

Check their progress:

- Ask them to tell you the symptom/risks/ and management for osteoarthritis. What else did they learn? Discuss.