

Unit: Rheumatoid Arthritis

Objective

Ps will identify rheumatoid arthritis and its symptoms, risks, and treatment

Materials

- Symptoms flashcards
- Risks flashcards
- Managing rheumatoid arthritis flashcards
- Normal joint and rheumatoid arthritis joint pic
- Did You Know cards
- Teacher Notes

Step 1 Warm Up (15 minutes)

Introduce the topic of rheumatoid arthritis:

- 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.)
- Write the word “*rheumatoid arthritis*” if they haven’t already named it. Ask them what they know of this type of arthritis. Record their answers.
- Does anyone have rheumatoid arthritis? Do they know anyone that has it?
- Explain that today they will learn about one type of arthritis that is very common called *rheumatoid arthritis*.

Step 2 Work out (45 minutes)

All about rheumatoid arthritis:

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

What is it?

Symptoms.

Risk Factors

Managing rheumatoid arthritis

- 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:

Rheumatoid arthritis is a chronic inflammatory disorder that can affect more than just your joints. In some people, the condition also can damage a wide variety of body systems, including the skin, eyes, lungs, heart and blood vessels. An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues.

- Show the **normal joint and rheumatoid arthritis joint pic**. Discuss how they are different.
- 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 rheumatoid arthritis*. Discuss the meaning of that. Do they know ways to manage it?
- Put them into pairs and give each pair one of the **Managing rheumatoid arthritis Flashcards**. Ask the pairs to discuss what they think the flashcard means. What does the picture show about how you manage rheumatoid arthritis?
- 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.
- Pass out the **Did You Know cards** - give 4 students one each. Have them read out loud the information on the card. Discuss with the large group.

Step 3 Cool Down (10 minutes)

Check their progress:

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