

Thinking points for aching joints

Poetry on Rheumatology

The spectrum of rheumatological disorders today we shall explore,
And, thus, improve our understanding quite a bit more.
A number of systems can be involved by a single disease,
And, thus, we ought to pinpoint the culprit and help put the patient's life at ease.

A patient with livedo reticularis and a malar rash came into your out-patient department,
And had raised levels of antinuclear antibodies.
Unfortunately, the patient also had seizures and psychosis,
Their ultimate diagnosis being systemic lupus erythematosus.
Improvement she did have with NSAIDs and steroids,
And was told that certain drugs she must avoid.

As you were standing in the emergency room, a patient was rushed inside,
Who had massive haemoptysis that would not subside.
Their chest X-ray showed bilateral lung nodules that day,
And cytoplasmic- anti neutrophil cytoplasmic antibody levels came out to be positive along the way.
Wegener's granulomatosis was proved on tissue biopsy,
With methylprednisolone and CYC improvement you did see.

You remember that lady who complained of dryness of the mouth and eyes,
Sending her anti-SSA antibody levels you thought would be wise.
Sjögren's syndrome she did have,
And found some improvement when she was later given rituximab.

Renal osteodystrophy can end up with a rugger-jersey spine,
In septic arthritis, antibiotics should be started well in time.
Common side-effects with MTX include myelosuppression and liver cirrhosis,
Whereas adalimumab may cause reactivation of latent tuberculosis.
An adverse reaction to SSZ of which we should be aware,
Is Heinz body anaemia; while sometimes rashes may be there.

Keratoconjunctivitis sicca is the most common ocular manifestation of rheumatoid arthritis,
And microscopic polyangiitis is a cause of small vessel vasculitis.
To determine an RA patient's eligibility for biologic therapy the guidelines do implore
Calculation of the patient's disease activity score.

In patients with fibromyalgia many tender points can be identified;
With cognitive behavioural therapy, some of their symptoms may subside.
A 20% improvement in psoriatic patients with ustekinumab was seen in the PSUMMIT trial,
Therefore, its use in moderate-to-severe plaque psoriasis can be considered worthwhile.

The study of rheumatic disease is therefore quite vast,
A few of which in this short time we did try to grasp,
So with patients we would be able to extend a helping hand,
Which is a feeling that is truly grand.

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