**Treatments for Musculoskeletal & Neurological/Psychological Disorders**

Student’s Name

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Assignment Due Date

1. **The Diagnostic Criteria Of Osteoarthritis Versus Rheumatoid Arthritis**

**Osteoarthritis (OA)**

* OA is characterized by the breakdown of joint cartilage and mostly impacts weight-bearing joints (hips and knees).
* Clinical assessment, medical history, and imaging procedures are often utilized to make a diagnosis (Thomas, 2019).

***The diagnostic criteria include:***

* Asymmetrical joint pain and stiffness that gets worse with physical activity.
* Stiffness and discomfort tend to be severe at night, and stiffness in the morning typically lasts for no more than 30 minutes (Thomas, 2019).
* Noises (cracking, grinding) in the afflicted joint when moving.
* Tenderness in the joints and restricted flexibility in movement.
* Imaging tests to check for joint injury and tissue damage (Thomas, 2019).

**Rheumatoid Arthritis (RA)**

* RA is an autoimmune illness that affects various joints as well as the heart, lungs, and skin (Thomas, 2019).
* Clinical assessment, laboratory tests, and imaging are used to make a diagnosis.

***Diagnostic criteria:***

* Symmetrical joint discomfort and swelling, most commonly affecting small hand and foot joints.
* Morning stiffness that lasts over an hour.
* Anti-citrullinated protein antibodies in the blood confirm RA.
* Diagnostic imaging indicates joint inflammation, such as joint erosions.
* With time, the affected joints can lose their ability to move and become deformed (Thomas, 2019).

1. **Types Of Headaches And Their Treatment**

**Tension headaches**

An aching sensation around the head or band-like pain.

Treatment: Pain relievers, including acetaminophen, aspirin, and ibuprofen, and stress management (Watson & Rossiaky, 2023).

**Migraine**

Strong pulsating deep pain in the head that can last from 4 to 72 hours usually accompanied by vomiting, nausea, and light or sound sensitivity (Watson & Rossiaky, 2023).

Treatment: sumatriptan, rizatriptan, and triptans for acute episodes.

**Cluster Headache**

Severe, terrible pain around one eye that frequently occurs in clusters.

Treatment: oxygen therapy, sumatriptan (Imitrex), and lidocaine.

**Sinus Headaches**

Caused by an allergic reaction. Pain around the forehead and bridge of the nose as a result of sinus inflammation.

Treatment: antihistamines (e.g., cetirizine), decongestants (e.g., phenylephrine), and nasal steroid sprays (Watson & Rossiaky, 2023).

1. **Types Of Seizures And Treatment**

**Generalized onset seizures**

* They begin on each side of the brain at the same time (Nall, 2023).

Some common types include:

* Tonic-Clonic Seizures
* Absence Seizures
* Myoclonic
* Atonic

**Focal onset seizures**

* These ones start in one region.
* They begin in small sections of the brain and then spread to larger parts of the brain over time.
* There are two types: focal aware and focal awareness-impaired seizures (Nall, 2023).

**Unknown Onset Seizures**

* It is quite difficult to notice when someone is having this seizure.

**Treatment Options**

**Medication:**

* Antiepileptic drugs get prescribed depending on the type of seizure and the needs of the individual patient (Nall, 2023).

**Surgery:**

* Considered when medication fails to manage seizures.
* Resective surgery - To remove the seizure focus or implant responsive neurostimulation devices.
* Vagus Nerve Stimulation (VNS) - A device that is implanted and transmits electrical signals to the vagus nerve to minimize seizures.
* Ketogenic Diet – A diet high in fat and less carbohydrates that assists in seizure management, particularly in drug-resistant seizures (Nall, 2023).

**Lifestyle changes**

* Managing triggers including difficulty sleeping, stress, and drinking alcohol.
* Maintaining normal sleeping patterns (Nall, 2023).

1. **Parkinson's disease, its causes, symptoms, and treatment**

* Parkinson's disease is a neurological condition characterized by unintentional or involuntary movement, including rigidness, trembling, and problems with coordination and balance (NIA, 2022).

**Cause**

* It develops when neuronal cells are harmed or die.

**Symptoms**

* Shaky hands, arms, lower body, and head.
* Stiffness of muscles - muscles stay tightly contracted for a prolonged period of time.
* Slowness when moving
* Poor coordination and balance which can lead to falls.
* Depression, difficulties with swallowing, chewing, and speaking,
* Bladder issues or constipation, and skin-related issues (NIA, 2022).

**Treatment**

* Medications - levodopa (L-DOPA) replenishes dopamine, dopamine agonists boost dopamine production in the brain, and enzyme inhibitors.
* Deep Brain Stimulation - a surgery in which electrodes are implanted in the brain (NIA, 2022).
* Physical therapy - helps enhance the ability to move and muscle strength.
* Occupational Therapy - Assists with everyday activities.
* Speech Therapy - Addresses issues with speech and swallowing.
* Lifestyle changes - Exercise, a balanced diet, and support groups (NIA, 2022).

**References**

Nall, R. (2023). What You Should Know About Seizures. *Healthline.* <https://www.healthline.com/health/seizures>

National Institute on Aging (NIA) (2022). Parkinson’s Disease: Causes, Symptoms, and Treatments. *National Institutes of Health (NIH).* <https://www.nia.nih.gov/health/parkinsons-disease>

Thomas, L. (2019). Osteoarthritis vs. Rheumatoid Arthritis – Understanding the Differences. *News-Medical.Net* <https://www.news-medical.net/health/Osteoarthritis-vs-Rheumatoid-Arthritis-Understanding-the-Differences.aspx>

Watson, K., & Rossiaky, D. (2023). 14 Types of Headaches and How to Treat Them. *Healthline.* <https://www.healthline.com/health/headache/types-of-headaches#primary-headaches>