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**AUTOIMMUNE DISORDERS IN THE HANDS:
DIAGNOSIS, TREATMENT, AND THERAPEUTIC INTERVENTIONS**

(3 CE HOURS / .3 CEUs)

PDH Academy Course #PT-1702

Course Abstract

This course examines scleroderma, Raynaud's phenomenon, and rheumatoid arthritis, three common autoimmune disorders that impact the hands. It discusses applicable definitions and terminology; their etiology, prevalence, diagnosis, and medical interventions; the normal joint anatomy and functional position of the hand; and the role of therapy as it pertains to their treatment.

NOTE: Links provided within the course material are for informational purposes only. No endorsement of processes or products is intended or implied.

Approvals

To view the states who approve and accept our courses, visit <https://pdhtherapy.com/physical-therapy/state-requirements/>.

Target Audience & Prerequisites

PT, PTA OT, OTA – no prerequisites

Learning Objectives

By the end of this course, learners will be able to:

- Recognize definitions and terminology pertaining to autoimmune disorders in the hand
- Differentiate between the etiology and prevalence of scleroderma, Raynaud's phenomenon, and rheumatoid arthritis
- Identify elements of medical diagnosis and treatment of autoimmune disorders in the hand
- Recognize the normal joint anatomy and functional position of the hand
- Identify roles of therapy as it pertains to autoimmune disorders in the hand

Timed Topic Outline

- I. Introduction, Definitions and Terminology (5 minutes)
- II. Autoimmune Disease Overview (10 minutes)
- III. Scleroderma (15 minutes)
- IV. Raynaud's Phenomenon vs. Raynaud's Disease (15 minutes)
- V. Rheumatoid Arthritis (15 minutes)
- VI. Anatomical Considerations for Autoimmune Disease in the Hands (5 minutes)

VII. The Role of Therapy (100 minutes)

History, Evaluation and Provocative Testing, Treatment

VIII. Conclusion, Additional Resources, References, and Exam (15 minutes)

Delivery Method

Correspondence/internet self-study with a provider-graded multiple choice final exam. *To earn continuing education credit for this course, you must achieve a passing score of 80% on the final exam.*

Cancellation

In the unlikely event that a self-study course is temporarily unavailable, already-enrolled participants will be notified by email. A notification will also be posted on the relevant pages of our website.

Customers who cancel orders within five business days of the order date receive a full refund. Cancellations can be made by phone at (888)564-9098 or email at support@pdhacademy.com.

Accessibility and/or Special Needs Concerns?

Contact customer service by phone at (888)564-9098 or email at support@pdhacademy.com.

Course Author Bio and Disclosure

Amy L. Paulson, OTR, CHT, is a certified hand therapist with over 19 years of experience in outpatient upper extremity care. She has been a licensed occupational therapist for 20 years, has experience in home health, skilled nursing, and acute care, and is a member of the American Society of Hand Therapists.

Amy has led multiple community-based classes on arthritis care, energy conservation and work simplification, and she taught as an adjunct professor at Palm Beach Community College in the OTA program. She designs and instructs hands-on continuing education courses in splinting and upper extremity treatment, and enjoys providing clinical instruction to students interested in specializing in hand therapy. She is also involved in coordinating and overseeing therapy programs in Gulu, Uganda by volunteering with the Medical Missions Foundation of Overland Park, KS.

Amy currently owns and operates her private practice in outpatient hands, where she provides patient care, clinical instruction to Level II students, community education, marketing, and insurance billing.

DISCLOSURES: Financial – Amy Paulson received a stipend as the author of this course.
Nonfinancial – No relevant nonfinancial relationship exists.