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.

Target audience: Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapy Assistants (no prerequisites).

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

Learning Objectives
At 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 & Instructional Method**
Distance Learning – Independent. Correspondence/internet text-based self-study, including 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.

**Registration & Cancellation**
Visit www.pdhtherapy.com to register for online courses and/or request correspondence courses.

As PDH Academy offers self-study courses only, provider cancellations due to inclement weather, instructor no-shows, and/or insufficient enrollment are not concerns. 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.

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**Accessibility and/or Special Needs Concerns?**
Contact Customer Service by phone at (888)564-9098 or email at support@pdhacademy.com.

**Course Author Bio & 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.