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FACULTY OF NURSING



**RAMA
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SYSTEMIC SCLEROSIS

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SYSTEMIC SCLEROSIS

- It is a disorder of connective tissue characterized by fibrotic, degenerative and occasionally degenerative changes in the skin, blood vessels, synovium, skeletal muscles and internal organs.

Etiology

- The exact cause is unknown
- Immunologic dysfunction and vascular abnormalities
- Environmental occupational exposure to coal, plastics and silica dust

Clinical Manifestations

CREST

- C – Calcinosis – painful deposits of calcium in the skin



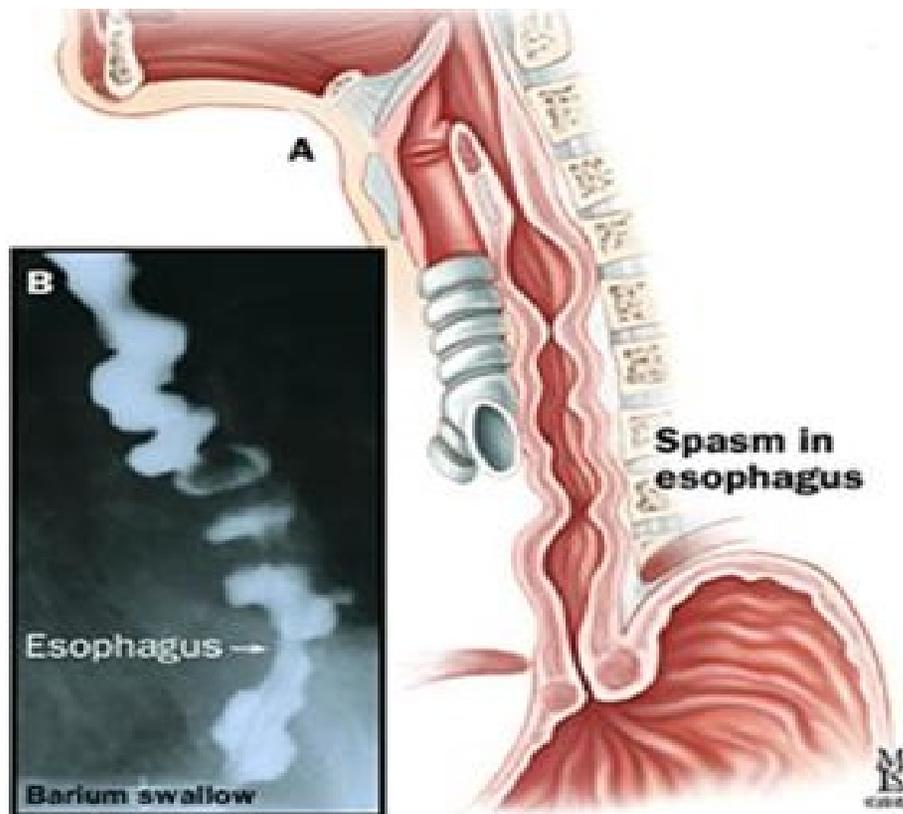
Cont...

- R – Raynaud's Phenomenon – Abnormal blood flow in response to cold or stress



Cont...

- E – Esophageal Dysfunction – dysphagia caused by internal scarring



Cont...

- S – Sclerodactyly – Tightening of the skin on fingers and toes



A

B

Cont...

- T – Telangiectasia – Red spots on the hands, fore arms, palms, face and lips



Cont...

Internal organ involvement

- GIS:
 - Constipation or Diarrhea
- Lung:
 - Pleural thickening
 - Pulmonary Fibrosis and
 - Pulmonary Function Abnormalities

Cont...

- Heart:
 - Pericarditis
 - Pericardial Effusion
 - Cardiac Dysrhythmias

Diagnostic Evaluation

- History Collection and Physical Examination
- Anti-Nuclear Antibody Titers
- Anti – Centromere Antibody
- Nail bed capillary microscopy
- X rays of Chest
- Skin or Visceral biopsy
- Urinalysis

Management

- Physical therapy
- Occupational therapy
- Vasoactive Agents
- Calcium Channel Blockers
- NSAIDs
- Corticosteroids