



## Rheumatoid Arthritis and its management protocol in General practice

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### Abstract:

Rheumatoid Arthritis is an autoimmune disease which is characterized by the painful joints and disability. Patients with arthritis always have chronic, progressive joint pain and morning stiffness that leads to erosion, destruction and deformity in bony structures and joints. Diagnosis is sometimes difficult and misunderstood with other Rheumatological diseases. Only RA & ACPA test is not enough to diagnose this disease. A scoring system can lead to proper diagnosis. In most cases people in rural area are not attentive to their problems and that leads to poor prognosis. Some of them suffer from poor joint function and can't even make simple household work in day to day life. In this modern era with huge progressiveness in pain management and Rheumatoid treatment providing us certain relief. DMRD like Methotrexate, Sulfasalazine are now used as treatment. Biological intervention and steroid therapy is also available. However, like medicine therapy there are other behavioural therapies for any type of chronic pain management are showing excellent effect on community for management of RA. In a nutshell, a combination of management can provide good prognostic effect on the patient suffering from rheumatoid arthritis.



### Biography:

Dr Devavrata Sarkar has completed his MBBS at the age of 26 years from University of Dhaka and FCGP (Fellow of the College of General Practitioners) from Bangladesh College of General Practitioners. He is a doctor of Family Medicine. He has training in BeST-Cognitive behavioural skills to treat back pain and chronic pain management from University of Oxford. He has published more than 5 papers in reputed journals and has been serving as a Family Medicine specialist doctor in community.

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