

**Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 101 - Foundations of Nursing
2021**

Case study:

Musculoskeletal Assessment of the Older Adult

Patient Profile

S.T. is a 72-year-old female patient. Her husband died 6 months ago and she lives alone now. She is seeing the health care provider for her annual physical exam. She has a history of hypertension and osteoarthritis. She currently takes the following medications:

- Triamterene/Hydrochlorothiazide (Dyazide) 37.5 mg/25 mg PO daily every morning.
- Celecoxib (Celebrex) 200 mg PO daily every morning.

Subjective Data

- Has “some” pain in her right knee
- States “It looks like I lost a half an inch this past year”

Objective Data

- Temperature 98.2° F, pulse 72, respirations 16, blood pressure 130/76
- Height 5 feet 2½ inches, weight 170 lbs, BMI 30.6 kg/m²
- Unsteady gait, walks with a limp

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1. What is some important subjective data to ask S.T. related to her musculoskeletal system?

2. Describe what you would include in S.T.'s musculoskeletal assessment

3. What are some musculoskeletal findings would you expect as part of the normal aging process?

4. What could you teach S.T. to help improve some of her symptoms?

5. Based on the subjective and objective data, what diagnostics would you expect to see ordered for S.T?

6. Based on her past medical history and diagnosis of osteoarthritis as well as the subjective data and physical assessment findings of right knee swelling and tenderness to palpation and decreased range of motion, S.T. is at risk for falls. What are some fall prevention strategies you could teach S.T.?