

NURSING 101: FOUNDATIONS OF NURSING

UNIT VII: NURSING CARE OF THE PATIENT WITH DISTURBANCES OF THE MUSCULOSKELETAL SYSTEM

UNIT OBJECTIVES

AT THE COMPLETION OF THE UNIT, THE STUDENT:

1. Relates the normal anatomy and physiology of the musculoskeletal system.
2. Explains the importance of normal functioning of the musculoskeletal system to the maintenance of life.
3. Explains the interrelationships of the musculoskeletal system to other body systems.
4. Differentiates normal from abnormal characteristics of nursing assessment for the musculoskeletal system.
5. Explains the purpose, significance, results, and nursing responsibilities of diagnostic studies for the musculoskeletal system.
6. Describes the etiology, clinical manifestations, complications, and nursing responsibilities for the patient with disorders of the musculoskeletal system.
7. Discusses the usual medical, surgical, and nursing management of patients with disorders of the musculoskeletal system.
8. Implements therapeutic nursing care, using the nursing process, for patients with disorders of the musculoskeletal system.
9. Utilizes communication skills when delivering nursing care to patients with disorders of the musculoskeletal system.
10. Identifies the psychosocial needs of the patient with a disorder of the musculoskeletal system.
11. Teaches patients about their musculoskeletal disorders.
12. Relates knowledge of community resources available to assist the patient with disorders of the musculoskeletal system.
13. Describes methods to assist the patient with impaired physical mobility.
14. Demonstrates accountability when providing nursing care for patients with disorders of the musculoskeletal system.
15. Discusses clinical manifestations related to specific age-related physiologic changes in the musculoskeletal system.
16. Describes common musculoskeletal problems of older adults and the role of the nurse in assisting them with selected care problems.
17. Identifies evidence-based practice/best practice standards related to nursing care for patients with disorders of the musculoskeletal system

CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<p>Unit VII: Nursing Care of the Patient with Disturbances of the Musculoskeletal System Theory Hours- 15.0 Clinical Hours- 4.5</p> <p>I. Review of Anatomy and Physiology</p> <p>II. Assessment</p> <p style="padding-left: 20px;">A. History and Physical</p> <p style="padding-left: 40px;">i. Normal Vs. Abnormal</p> <p style="padding-left: 40px;">ii. Neurovascular Assessment (6P's)</p> <p style="padding-left: 20px;">B. Geriatric Considerations</p> <p style="padding-left: 20px;">C. Diagnostic Studies</p> <p>III. Nursing Care of the patient with a Fracture</p> <p style="padding-left: 20px;">A. Classification and Etiology</p> <p style="padding-left: 20px;">B. Clinical Manifestations</p> <p style="padding-left: 20px;">C. Bone Healing Stages</p> <p style="padding-left: 20px;">D. Diagnosis</p> <p style="padding-left: 20px;">E. Medical Management</p> <p style="padding-left: 40px;">i. Immediate Fracture</p> <p style="padding-left: 40px;">ii. Fracture Reduction</p> <p style="padding-left: 60px;">a. Closed</p> <p style="padding-left: 60px;">b. Open</p> <p style="padding-left: 60px;">c. Traction</p> <p style="padding-left: 40px;">iii. Fracture Immobilization</p> <p style="padding-left: 40px;">iv. Internal fixation</p> <p style="padding-left: 40px;">v. Traction</p> <p style="padding-left: 60px;">a. Manual</p> <p style="padding-left: 60px;">b. Skin</p> <p style="padding-left: 60px;">c. Skeletal</p> <p style="padding-left: 20px;">F. Secondary Management for Compound Fractures</p> <p style="padding-left: 20px;">G. Drug Therapy</p> <p style="padding-left: 20px;">H. Nursing Management</p> <p style="padding-left: 40px;">i. Assessment</p>	<p>Interactive Lecture</p> <p>Visual-Based Learning: NAON Neurovascular Assessment</p> <p>Case Study Analyses: Musculoskeletal Assessment of the Older Client</p> <p>Visual-Based Learning: Application of Buck's Traction</p>	<p>Required Readings Orthopaedic Office Observation Physical Therapy and Occupational Therapy Observation Perioperative Observation of Orthopaedic Surgery Pre and Post Conference Plan and provide care for the patient with musculoskeletal disorders when available</p> <p>Self-Learning Class Preparation Packets: Musculoskeletal Anatomy and Physiology and Cardinal Movements</p> <p>Crash Course Videos: Bones part 1 & 1 and Muscles</p>	<p>Class Preparation Clinical Evaluation Care Plans Quizzes (2) Unit Exams (2)</p>

CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<ul style="list-style-type: none"> viii. Infections ix. Avascular Necrosis <ul style="list-style-type: none"> a. Etiology b. Clinical Manifestations and Treatment x. Kidney Stones xi. Complications of Bone Union <ul style="list-style-type: none"> a. Delayed Union b. Nonunion c. Malunion <p>IV. Nursing Care of the Patient with Joint & Soft Tissue Injuries and Disorders</p> <ul style="list-style-type: none"> A. Trauma <ul style="list-style-type: none"> i. Strains Vs. Sprains ii. Dislocation and Vs. Subluxation iii. Peripheral Nerve Injury iv. Muscle Spasm v. Contusion B. Inflammations <ul style="list-style-type: none"> i. Bursitis ii. Tendonitis C. Common Disorders of Specific Body Parts <ul style="list-style-type: none"> i. Jaw <ul style="list-style-type: none"> a. TMJ Syndrome ii. Shoulder <ul style="list-style-type: none"> a. Recurrent Dislocation b. Rotator Cuff Tear c. Calcified Tendons d. Frozen Shoulder iii. Elbow <ul style="list-style-type: none"> a. Tennis Elbow iv. Wrist & hand <ul style="list-style-type: none"> a. Carpel tunnel Syndrome b. Ganglion c. Dupuytren's Contracture 	<p>Visual-Based Learning: How to Apply an ACE Wrap</p> <p>Game-Based Learning: Joint and Soft Tissue Injuries</p>		

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<ul style="list-style-type: none"> v. Knee <ul style="list-style-type: none"> a. Meniscus Injuries b. Anterior Cruciate Ligament Rupture c. Tendon Rupture d. Recurrent Patella Dislocation e. Popliteal Cyst (Baker’s Cyst) vi. Ankle <ul style="list-style-type: none"> a. Achilles tendon Rupture b. Chronic Lateral Ligament Instability vii. Foot <ul style="list-style-type: none"> a. Hammer Toe b. Plantar Fasciitis c. Hallux Valgus (Bunion) d. Corns e. Callus f. Plantar Wart V. Osteomyelitis VI. Amputation VII. Bone Cancer VIII. Metabolic Bone Disorders <ul style="list-style-type: none"> A. Osteoporosis B. Osteomalacia C. Paget’s Disease IX. Nursing Care of Patient’s with Arthritic & Related Rheumatic Problems <ul style="list-style-type: none"> A. Rheumatoid Arthritis B. Ankylosing Spondylitis C. Reiter’s Syndrome D. Bacterial Arthritis E. Gout F. Systemic Sclerosis/Scleroderma G. Systematic Lupus Erythematosus H. Polymyositis & Dermatomyositis I. Sjogren’s Syndrome J. Fibromyalgia’s Syndrome 	<p>Game-Based Learning: Kahoot-Amputation</p> <p>ATI: Wrapping Video with hands-on Practice</p> <p>ATI: ALT Osteoporosis</p> <p>Collaborative Learning: Kahoot-OA</p>	<p>Flipped Classroom: Bone Cancer</p> <p>Class Preparation: OA vs. RA Table</p> <p>Flipped Classroom: Osteoarthritis</p>	

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<p>X. Assisting the Patient with Impaired Physical Mobility</p> <ul style="list-style-type: none"> A. Assisting with Ambulation (Canes, Crutches, walkers, etc.) B. Assisting with Exercises to Improve or Maintain Function C. Application of Heat or other Therapies to Improve Function <p>XI. Nursing Care of the Patient Having Joint Surgery</p>	<p>Collaborative Learning: RA Drug Table</p> <p>Interactive Lecture: Physical Therapy Guest Speakers & Equipment Demonstration</p>	<p>Class Preparation: YouTube Videos (TKR, THR, TSR)</p>	