

Student Name: _____

Medical Diagnosis/Disease: _____

NCLEX IV (8): Physiological Integrity/Physiological Adaptation

Anatomy and Physiology
Normal Structures
The hip joint is a ball and socket joint- it helps support the bodies weight
It is formed by the femur, pelvis and acetabulum (socket of the hipbone)
The femur is the longest bone in the human body in the thigh.
the pelvis is a flat large irregular bone - it contains ilium, ischium and the pubis. in-between the femur and pelvis there is cartilage that provide cushion in-between the bone

Pathophysiology of Disease
Osteoarthritis- The cartilage in the joint is worn out over time and frequent use. causing inflammation and pain. the bones in the hip and femur will start to rub together. (considered wear and tear)
Rheumatoid arthritis is a disease when the body's immune system starts to attack health joints. It causes the synovial membrane to become inflamed, and the hip cartilage begins to break down overtime.

NCLEX IV (7): Reduction of Risk

Anticipated Diagnostics
Labs CBC
, platelet count- to determine clotting factor for surgery
calcium- to determine bone strength

Additional Diagnostics

X-ray
MRI
CT-scan

NCLEX II (3): Health Promotion and Maintenance

Contributing Risk Factors
Rheumatoid arthritis
Osteoarthritis
Osteoporosis
Obesity
age
injury
overuse
overall health

Signs and Symptoms
Weakness at hip
Pain
Stiffness
Cracking or noise at hip site

NCLEX IV (7): Reduction of Risk

Possible Therapeutic Procedures
Non-surgical
Physical therapy
Ice and heat treatments
Pain management
Injections
Surgical

Hip arthroplasty (replacement)

Prevention of Complications
(What are some potential complications associated with this disease process)

Blood clots
hip dislocation.
infections
pain

NCLEX IV (6): Pharmacological and Parenteral Therapies

Anticipated Medication Management

Analgesics
Opioids
antiemetics
NSAIDS

NCLEX IV (5): Basic Care and Comfort

Non-Pharmacologic Care Measures

Heating pads
Ice packs
Walking devices
Exercise classes

NCLEX III (4): Psychosocial/Holistic Care Needs

What stressors might a patient with this diagnosis be experiencing?

Pain
Finacial needs.
Limitations
House with stairs
Use of assisted devices

Client/Family Education

List 3 potential teaching topics/areas

- Proper bending techniques- no more the 90 degrees
- How to use new walker/cane properly
- Pain management techniques- how to manage breakthrough pain and alternative non-pharmacological measures

NCLEX I (1): Safe and Effective Care Environment

Multidisciplinary Team Involvement
(Which other disciplines do you expect to share in the care of this patient)

-nurses
-physical therapist
-occupation therapist
-Nutritionist
Orthopedic surgeon