

Student Name: Mary Kate Kane

Medical Diagnosis/Disease: Total Hip Arthroplasty (THA)

NCLEX IV (8): Physiological Integrity/Physiological Adaptation

Anatomy and Physiology
Normal Structures
The Musculoskeletal system is composed of voluntary muscle and 6 types of connective tissue; bone, cartilage, ligaments, tendons, fascia and bursae. The purpose of the Musculoskeletal system is to protect body organs, provide support and stability for the body, store minerals and allow coordinated movement. The main functions of bone are support and protection of internal organs, voluntary movement, blood cell production and mineral storage. (see word document for more information)

Pathophysiology of Disease
Arthroplasty is the reconstruction or replacement of a joint to relieve pain, improve or maintain ROM and correct deformity. Arthroplasty is most often done on pts with OA, RA, avascular necrosis, congenital deformities or dislocations and other systemic problems. Types of arthroplasty include surgical reshaping of the bone of the joints, replacement of part of a joint, and total joint replacement. THA provides significant relief of pain and improved functions for patients with joint deterioration from OA and RA (see word documents for more)

NCLEX IV (7): Reduction of Risk

Anticipated Diagnostics
Labs
- CBC
-WBC
-RBC
-Platelet count

Additional Diagnostics
- X-ray
- MRI

NCLEX II (3): Health Promotion and Maintenance

Contributing Risk Factors
- rheumatoid arthritis
- osteoarthritis
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Signs and Symptoms
- muscle spasm
- shortening of the affected extremity
- severe pain
- tenderness
- impaired mobility

NCLEX IV (7): Reduction of Risk

Possible Therapeutic Procedures
Non-surgical
- physical therapy
- occupational therapy
- pain management

Surgical
- THA (total hip replacement)

Prevention of Complications
(What are some potential complications associated with this disease process)
- Infection
- VTE (Venous thromboembolism)

NCLEX IV (6): Pharmacological and Parenteral Therapies

Anticipated Medication Management
- anticoagulant medications
- analgesics medications
- parenteral antibiotics
- oral opioids
- NSAIDS

NCLEX IV (5): Basic Care and Comfort

Non-Pharmacologic Care Measures
- neurovascular assessment
- assess pt comfort
- assess ROM at regular intervals
- ambulate as soon as possible

NCLEX III (4): Psychosocial/Holistic Care Needs

What stressors might a patient with this diagnosis be experiencing?
- post procedure pain management
- changes in post procedure ADLs
- Recovery period
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Client/Family Education

List 3 potential teaching topics/areas
• Discuss risk factors for prosthetic joint infection
• use of an elevated toilet seat
• Keep hip in neutral, straight position when sitting, walking, or lying

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)
- Physical Therapy
- Case Management
- Orthopedic Surgeon
- Phlebotomy
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