

# □ Nursing Student Homework Worksheet: Total Joint Surgery

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_

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## 🔍 Instructions:

Complete the worksheet based on your textbook, class notes, and assigned readings. Each section includes a mix of short answer, multiple choice, and matching questions. This will help you review nursing care principles related to total joint surgery patients.

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### 1. Hip Precautions (After Total Hip Replacement)

A. List 3 **standard hip precautions** to teach a patient after a posterior total hip replacement:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

B. Why are these precautions important?

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### 2. Continuous Passive Motion (CPM) Machine

A. What is the purpose of using a CPM machine after total knee replacement?

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**B.** Select the correct nursing intervention when caring for a patient using a CPM machine:

- a. Set the machine to 90 degrees to promote mobility
  - b. Set the range of motion to flex and hyperextend the knee
  - c. Monitor skin integrity and ensure the limb is properly aligned
  - d. Use only during physical therapy sessions and not at the bedside
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### 3. VTE (Venous Thromboembolism) Prophylaxis

Match each intervention with its role in DVT prevention:

| Intervention                      | Purpose |
|-----------------------------------|---------|
| A. Early ambulation               | _____   |
| B. Sequential compression devices | _____   |
| C. Low molecular weight heparin   | _____   |
| D. Leg massage                    | _____   |

**Options:**

1. Increases blood flow by mechanical compression
  2. Increases mobility and circulation
  3. Reduces clot formation chemically
  4. Contraindicated; may dislodge a clot
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### 4. Infection Prevention

**A.** List two key ways nurses can prevent post-operative infection in joint surgery patients:

1. \_\_\_\_\_
2. \_\_\_\_\_

**B.** Why is infection especially serious in patients with joint prostheses?

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### 5. Hip Prosthesis Dislocation

**A.** Circle the **signs and symptoms** of possible hip prosthesis dislocation:

- Shortened leg
- Internal leg rotation
- External leg rotation
- Severe hip pain
- Increased mobility

**B.** What is the **first nursing action** if you suspect a hip dislocation?

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## 6. Pre-Operative Strengthening Exercises

**A.** Name **two pre-op exercises** that may be recommended to a patient before joint replacement surgery:

1. 

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2. 

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**B.** How do these exercises help recovery?

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## 7. Tourniquet Use in Surgery

**A.** What is the purpose of using a tourniquet during joint surgery (e.g., total knee replacement)?

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**B.** List **one complication** that nurses must monitor for after tourniquet use:

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### Reflection Question (Short Answer):

What is the nurse's role in educating and advocating for patients undergoing total joint surgery?

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Be ready to discuss your answers in class.