

Total Joint Surgery

Student Name: _____

Date: _____

Instructions:

Complete the worksheet based on your assigned readings and class notes. 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.

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?

2. Continuous Passive Motion (CPM) Machine

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

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
-

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
-

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?

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?

6. Pre-Operative Strengthening Exercises

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

1.

2.

B. How do these exercises help recovery?

7. Tourniquet Use in Surgery

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

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

☐ Reflection Question (Short Answer):

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