

• Total Joint Surgery

Student Name: Lily Joyce

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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. Avoid bending at the waist, for example picking up large objects.
2. Keep legs slightly apart when lying or sitting, try not to cross one over another.
3. Try not to intentionally rotate the operated leg.

B. Why are these precautions important?

These precautions are important because they prevent any interruption or dislocation of the posterior total hip replacement. The tissues and capsule needs to properly heal and repair itself, so with excessive movement, the operating site will not be able to heal properly.

2. Continuous Passive Motion (CPM) Machine

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

Using a CPM machine will help allow the joint to have early mobility and ROM without the patient needing to ambulate and put excessive weight on the freshly operated site. Continuous ROM will promote proper tissue repair, and reduce stiffness, promote circulation throughout the lower extremities and help prevent DVT, and overall help assist in reduced risk of edema, and postoperative pain.

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

- 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	2
B. Sequential compression devices	1
C. Low molecular weight heparin	3
D. Leg massage	4

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. Maintaining aseptic techniques when caring for the operative site. Proper aseptic techniques when changing bandages, contact with surgical site, and assessing site continuously.
2. Provide antibiotics as ordered, and monitor for wound improvements or adverse reactions.

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

Infection is especially serious in patients with joint prostheses because a foreign object to the body (the metal or plastic prostheses) is being completely implanted into the body, and if any foreign substances arise on the prostheses, there is no direct blood flow to fight the bacteria or possible infection. This means any possible infection can become persistent and resistant to treatment. If infection cannot be treated, it can lead to a larger infection like sepsis, and possibly lead to death if not properly treated.

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?

Notify the surgeon or orthopedic provider immediately, because this is an emergency, possibly causing extensive damage. Along with that you can provide sedation if ordered to reduce pain and prepare for OR and support the location that the limb is already in, not allowing anymore extensive movement.

6. Pre-Operative Strengthening Exercises

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

1. Squeeze buttocks together to hopefully strengthen gluteal muscles to aid in postoperative balance, walking and transferring.
2. Tightening the quadriceps muscles, to hopefully promote knee and hip stability.

B. How do these exercises help recovery?

These exercises help with recovery because they will promote strength and muscle stability, so following postoperative, the client will have an easier time performing ROM movements and ambulation following surgery.

7. Tourniquet Use in Surgery

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

The purpose of using a tourniquet is to prevent excessive blood flow to the surgical site temporarily. This will allow the surgeon to have a better visual of the tissues, vessels and structures.

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

One complication the nurse must monitor for after tourniquet use is proper skin integrity, depending in the length of time the tourniquet was applied for and the clients Braden Scale.

□ Reflection Question (Short Answer):

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

the nurses role in educating and advocating for the patients undergoing totally joint surgery is to ensure everything the client expresses is properly evaluated and discussed properly to its full potential. Ensuring the patient is mentally and physically stable for the surgery, and can under