

□ Total Joint Surgery

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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. Do not let your knees cross the midline of your body
2. Do not plant your foot and twist your upper body
3. Do not bend over from the waist

B. Why are these precautions important?

These precautions are important because after hip replacement surgery you have limited range of motion and by following these precautions, you will help to protect your new joint until it is fully healed

2. Continuous Passive Motion (CPM) Machine

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

The purpose of using a CPM machine is to help improve range of motion, and reduce pain and inflammation. This machine helps you to move your limbs during post-op, this can help you have a faster recovery by moving the infected limb sooner after surgery, faster recovery time.

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 | 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. Wound care after surgery, changing dressings daily and cleaning the incision site
2. Maintaining a strict aseptic technique, using sterile equipment and instruments when dealing with the wound

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

High incidence in open fractures and soft tissue injuries. They are sawing, hammering, drilling, which has an extensive blood supply and you cannot interrupt the blood supply so you will need to perform regular neuro checks.

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?

The first nursing action would be to immobilize the joint. You want to keep the hip from moving which would cause more pain and possible damage to the joint, so the nurses first step would be to immobilize the joint.

6. Pre-Operative Strengthening Exercises

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

1. Foot pumps
2. Leg raises

B. How do these exercises help recovery?

These exercises help recovery because these are some of the exercises that you are also going to do after surgery so if you are able to practice these before hand, then you will be able to perform them properly after your surgery, using good technique and proper form.

7. Tourniquet Use in Surgery

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

A tourniquet will slow down or restrict the blood flow at the surgical site, which helps you to not have as much blood loss but it also can help the surgeon have a clear view of the operation they are performing. They only leave it on for a certain amount of time.

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

One major complication after using a tourniquet is compartment syndrome, in which is a painful condition that is caused by pressure buildup in a muscle compartment, caused from swelling or bleeding

Reflection Question (Short Answer):

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

The nurse needs to educate the patient on assistive devices that they are going to have to use post-operative, they also can help to teach the patient on exercises that they are going to need to

perform to help the patient recover properly, along with different therapies like ice or heat that they can use to help manage pain as well.