

• Total Joint Surgery

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Date: 10/21/2025

🔍 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 flex hip greater than 90° degrees [ie: sitting in a low chair, toilet seat]**
2. **Do not put on socks/shoes without an adaptive device [ie: long-handle shoehorn or stocking helper] for 4-6 weeks post-operatively.**
3. **Keep hips in a neutral, straight position when sitting, walking, or laying down.**

B. Why are these precautions important?

These precautions are important to avoid the risk for dislocation post-operatively, which are extremely important since they are daily activities that reproduce these motions without an individual realizing it.

2. Continuous Passive Motion (CPM) Machine

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

This kind of machine will help to improve mobility and range of motion following a total knee replacement surgery. This will help and aid in prevention of scar tissue forming, and will also help with reducing inflammation and swelling at the knee by moving it. GOAL: to reach 90° degrees of flexion at the knee.

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

X 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. **Monitor vital signs frequently, especially an elevated temperature (fever, temp > 100.4° F), elevated HR and respiratory rate.**
2. **Assess wound for pain, erythema (redness), and purulent (infectious, pus-y) drainage from incision/wound.**

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

Joint replacement surgeries involve big repairs within the bone and the body, and it is important to note that the bone is a MAJOR bone supply, and we want to make sure the blood supply is not disrupted, and does not become a systemic infection.

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 thing a nurse should do is to immediately make sure that the patient does not move! Immobilize the affected hip as soon as possible to prevent further injury/dislocation. Then make sure to contact the HCP/orthopaedic surgeon for any further instructions ASAP.

6. Pre-Operative Strengthening Exercises

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

- 1. Ankle pumps: Bend both ankles up and down. 10 reps, 2-3/day [foot pumps]**
- 2. Gluteal sets: Tighten buttock muscles for 5 seconds. 10 reps, 2-3/day [done in bed]**

B. How do these exercises help recovery?

Participating in these exercises pre-operatively help with strengthening the muscles, help with circulation, and help with recovery overall because it essentially preps these muscles to be stronger and be able to recover better after surgery.

7. Tourniquet Use in Surgery

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

To interrupt blood flow (there is a lot of blood flowing through these very large bones). To keep the visual field clean, they use this tourniquet (and time it) to make sure to keep the sterile field clean of blood.

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

After tourniquet use, nurses must monitor the patient's neurovascular status. They must watch for any venous stasis [any pooling of blood on the legs], and for any unilateral swelling for possible signs of Deep Vein thrombosis [a blood clot forming] on the lower extremities post-operatively.

Reflection Question (Short Answer):

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

The nurse should focus on doing effective pain assessments by communicating effectively with patients to manage their pain post-operatively. The nurse should also provide wound care [including dressing changes] and assess for any immobility complications that may arise. In addition, the nurse should assist with initial ambulation, and ensure that the patient maintains correct body alignment and works with other specialties [ie: Physical/occupational therapy] to assist with mobility and any accommodations the patient may need based on ambulation guidelines. Once the patient is planning to go home and be discharged, the nurse should also make sure to assist the patient, their family, and caregiver with any adequate information [including post-op medication, exercises, special adaptive equipment, etc].