

□ 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. Sit down safely, always choose a chair with a firm seat and armrests
2. Avoid Risky movements. Do not bend over from the waist, and do not twist at the waist
3. Keep your hips abducted when changing positions, and do not stay in the lateral position long

B. Why are these precautions important?

- To prevent the new hip from becoming dislocated, maintain patient safety, and encourage healing

2. Continuous Passive Motion (CPM) Machine

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

- To provide a continuous passive range of motion while the patient is lying in bed, the goal is to start at 30 degrees of flexion and reach 90 degrees of flexion

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

4. Infection Prevention

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

1. Keeping sterility when changing dressings
2. Administering post op antibiotics

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

- Infection is important in patients with joint prosthesis, because if they do acquire an infection, it increases the chances of the new joint prosthesis being rejected and increases postoperative complications.

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?

- Call the Surgeon immediately

6. Pre-Operative Strengthening Exercises

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

1. Passive range of motion, ex. Flexion and extension of the joint,
2. Strength training, lifting weights, leg lifts, foot pumps, hip adduction, and abduction

B. How do these exercises help recovery?

- These exercises help hasten recovery and reduce pain and inflammation post op. Strength training should allow muscles to recover faster and help with early mobilization.

7. Tourniquet Use in Surgery

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

- To be able to see the surgical sight, prevent blood loss, and remove all possible debris from the area.

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

- Neurovascular complications, complaints of numbness and tingling, capillary refill, the 6 P's

Reflection Question (Short Answer):

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

- Educate the patient that if they experience any numbness or tingling from where the surgery was done to the proximal limb, they should notify the nurse as soon as possible.
- Educate the patient that physical therapy and early ambulation are going to be very beneficial for recovering quickly
- Tell the nurse when the pain starts to be able to manage it, and maybe before physical therapy
- Teach the patient about why they have TEDs on, to prevent DVT