



Total Joint Surgery

Student Name: Mya Dellinger

Date: 10-21-25

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. Your legs cannot cross your midline
2. No sitting or bending your leg at 90 degrees
3. No twisting

B. Why are these precautions important?

These precautions are important because if they aren't in place, they can cause hip dislocation.

2. Continuous Passive Motion (CPM) Machine

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

The purpose of a CPM machine is to so that the joint in the knee doesn't freeze. It allows for the knee to keep moving while they are in bed. This helps increase the patient's mobility in 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
- 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	<u> 2 </u>
B. Sequential compression devices	<u> 1 </u>
C. Low molecular weight heparin	<u> 3 </u>
D. Leg massage	<u> 4 </u>

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 keyways nurses can prevent post-operative infection in joint surgery patients:

1. Sterile technique when cleaning the incision
2. Good hand hygiene

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

Infection is serious because it can go into the bone and cause severe damage. There can also be joint rejection due to the illness.

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?

Stop the patient from moving and immediately call the surgeon.

6. Pre-Operative Strengthening Exercises

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

1. Ambulation
2. Ankle pumps

B. How do these exercises help recovery?

They help the patient increase their range of motion, which also helps reduce the risk of clots. Ambulation will allow the patient to get out of bed.

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 a tourniquet is so that the field the surgeon is working on doesn't have blood flow, so they can see the field clearly.

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

The nurse needs to check pulses and capillary refill below where the tourniquet was placed and where the surgery was done. This is to check that there is blood flow throughout the body.

Reflection Question (Short Answer):

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

The nurse needs to make sure the patient understands the surgery and why they are getting it prior to signing consent forms, and if not, getting the surgeon to come and explain it again. The nurse also needs to go over post op exercises with the patient and have them do them back to the nurse. The nurse advocates for them while they are in surgery by making sure they have proper alignment.
