



Total Joint Surgery

Student Name: _____

Date: _____



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. Don't let your knee cross the midline of your body
2. Don't plant your foot and twist your upper body
3. Don't bend over from the waist

B. Why are these precautions important?

The new hip has a limited ROM, so until its healed you should protect the new joint.

2. Continuous Passive Motion (CPM) Machine

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

maintaining motion and preventing complication. It helps with moving the knee and reducing stiffness.

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. Maintain proper hand hygiene
2. Keeping a clean environment

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

It requires serious aggressive treatment and limits patients mobility, possibly needing to remove the implant due to infection.

5. Hip Prosthesis Dislocations

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 health care provider.

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
2. Thigh squeezes

B. How do these exercises help recovery?

Building muscles and increasing ROM which helps support new joint.

7. Tourniquet Use in Surgery

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

Minimizing bleeding

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

Compresses the blood vessels leading to numbness or tingling.

Reflection Question (Short Answer):

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

Being there for the patient and letting them know how to care for themselves, providing them with exercises, making sure they are ready for discharge.