

# □ 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.

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### 1. Hip Precautions (After Total Hip Replacement)

A. List 3 standard hip precautions to teach a patient after a posterior total hip replacement:

1. Adduction
2. Assistive devices for putting on socks and shoes
3. No prolonged side-lying on operative side

B. Why are these precautions important?

If these precautions are not followed, there is a major risk of dislocation to the newly implanted joint.

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### 2. Continuous Passive Motion (CPM) Machine

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

The CPM machine performs active flexion on the knee joint while the patient is in bed, which allows the joint to keep moving to prevent freezing of the joint.

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**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
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### 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. Preoperative broad-spectrum antibiotics
2. Continuous assessment of dressings

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

It is especially serious in patients with prostheses because the bone and the bone tissues are becoming exposed and new artificial joints are being put in place, so if the infection settles into the bone it will be much harder to get rid of than usual. Also, the body could already be rejecting the new prostheses, which could also make the infection even harder to fight as the immune system is already working harder.

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## 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?

Assess the patient, then contact the surgeon and the provider as soon as possible.

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## 6. Pre-Operative Strengthening Exercises

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

Strength training (for the upper arms) and active range of motion of the joint (ex. Foot pumps).

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B. How do these exercises help recovery?

It helps the patient stay active before surgery which can help decrease the risk of a post-op infection. It also allows the patient to be able to gain strength in the muscles while they are still intact, ultimately leading to a faster recovery.

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## 7. Tourniquet Use in Surgery

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

Using a tourniquet during surgery like a knee replacement helps keep all of the blood out of the surgical field, which greatly helps with visualization of the joint and surrounding structures. This helps locate any bone fragments that may have gotten into the surgical field so they can be removed before they circulate into the bloodstream.

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

Inadequate perfusion to the extremity due to prolonged tourniquet use.

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**□ Reflection Question (Short Answer):**

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

The nurse's role in educating the patients undergoing total joint surgery is to teach them how to best prepare for surgery, what the process will look like, and how to have a successful and speedy recovery. The nurse is there to advocate for the patient's needs, and to ensure that proper patient safety is being maintained at all times.