

□ 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. No flexion >90 degrees or bending at the hips.
 2. No extreme internal or external rotations (inversion/eversion of the ankles).
 3. No side-laying on operative side- prolonged.
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B. Why are these precautions important?

These precautions are important because they prevent re-injury of the operated limbs, such as dislocation. These precautions prevent further injury and promote proper healing post-operatively.

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 after a total knee replacement is to continuously straighten and bend the knee to help decrease stiffness, reduce swelling/pain, prevent the knee from freezing, and improve range of motion. The goal is to 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
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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
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4. Infection Prevention

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

1. Assess dressing and surgical site for blood, drainage, integrity and implement interventions as needed to prevent infection at the surgical site post-operative.
2. Administer post-operative antibiotics to help decrease the risk for infection.

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

The risk of infection is especially serious in patients with joint prostheses because the infection has the potential to settle into the bone and that can cause a systemic infection. It increases the risk of the body rejecting the new joint.

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 leg for signs of dislocation (shortened leg, internal or external rotations of the leg) and if signs of dislocation are displaying, keep the leg in place- do not further move it. Notify the healthcare provider immediately and ensure patient is properly in place, keeping the affected leg still.

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. Slight leg raises

B. How do these exercises help recovery?

These exercises help recovery because they promote early ambulation, improve circulation, reduce pain/swelling, and increases strength. These decrease the risk for blood clots, bed sores, and decrease the risk of other post-operative complications.

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 using a tourniquet during joint surgery is to prevent excessive bleeding at the operative site. Using a tourniquet stops blood flow to an extremity that is distal to the tourniquet. This helps with the Pts overall EBL during surgery to prevent shock or death.

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

One complication the nurse must monitor for after tourniquet use is nerve damage.

Reflection Question (Short Answer):

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

The nurse is educating the patient to promote a safe healing/recovery post-operative joint replacement. The nurse is advocating for the patient's safety during the procedure (e.g. proper body mechanics while under anesthesia). The nurse is teaching hip-precautions, mobility exercises, teaching on medications, and proper healing techniques.
