

# □ 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:

- Keep legs abducted to prevent dislocation, do not adduct the hip or cross legs.
- Do not turn or rotate leg inward toward the body.
- Do not bend the hip more than 90 degrees, avoid bending at the waist.

B. Why are these precautions important?

By following these precautions, a patient can significantly decrease their risk for dislodging their hip, as they are at the highest risk post-op.

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

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

A Continuous Passive Motion machine works to gently and continuously move the knee to prevent stiffness and maintain flexibility. By moving the joint, this will improve circulation, therefore reducing swelling.

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
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### 4. Infection Prevention

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

1. Carefully follow orders for dressing changes, using the correct materials, changing as often as directed, using aseptic technique.
2. Monitor and prevent sources of infection, administer prescribed antibiotics and encourage early ambulation.

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

Infection in patients with joint prostheses can have more serious complications such as joint loosening, bone loss, or sepsis. This would result in requiring a removal of the prosthesis and further surgeries.

### 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?

Do not reposition or move the leg, instead maintain the limb's position it was found in. Notify the provider for assessment and realignment. Continue to assess circulation, sensation, and movement in the affected limb.

## 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 (ankle flexion and extension).
2. Squeezing glutes and quadriceps.

B. How do these exercises help recovery?

Ankle pumps help promote circulation, prevent venous stasis, and reduce risk of DVT. Squeezing the glutes and quadriceps can help strengthen these muscles and improve post-op knee stability/mobility.

## 7. Tourniquet Use in Surgery

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

A tourniquet is used in surgery to cut off blood supply, therefore reducing risk of bleeding.

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

Nurses must monitor neurovascular impairment to ensure the tourniquet was not applied too tight or left on too long. They can check NV impairment by assessing color, temp, cap refill, and pulses on the extremity. They can also assess any numbness, tingling, or pain.

### □ Reflection Question (Short Answer):

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

The nurse's role is to prevent infection and post-op complications. This goal is best done by educating the patient on what to expect and how to take care of themselves when they're no longer in the hospital. The nurse must discuss pain management, as when the patient is not in pain, they're more likely to succeed during ambulation and PT. Encouraging mobility will put the patient at a lower risk for post-op complications and experience better outcomes from their surgery. Lastly, the nurse must instruct the patient on how to take care of their wound and when to report to their provider any abnormal s/s. Teaching home safety is extremely important for preventing falls and having a safer environment while they're on precautions.