



Total Joint Surgery

Student Name: Janiyah McGriff

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. Do not bend the hip more than 90 degrees.
2. Do not cross legs or ankles.
3. Do not turn the operated leg inward (avoid internal rotation).

B. Why are these precautions important?

They prevent dislocation of the new hip joint by avoiding positions that stress or displace the prosthesis.

2. Continuous Passive Motion (CPM) Machine

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

To promote joint mobility, reduce stiffness, prevent scar tissue formation, and improve circulation after total knee replacement.

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. Use sterile technique during dressing changes.
2. Encourage proper hand hygiene and monitor for signs of infection (redness, drainage, fever).

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

Because bacteria can adhere to the prosthesis, leading to a deep joint infection that often requires removal of the implant and long-term antibiotics

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?

Keep the patient still, notify the surgeon immediately, and maintain leg alignment—do not attempt to reposition the hip.

6. Pre-Operative Strengthening Exercises

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

1. Quadriceps-setting (tightening thigh muscles).
2. Ankle pumps (moving feet up and down).

B. How do these exercises help recovery?

They improve muscle strength and circulation, promote faster mobility, and reduce the risk of postoperative complications like DVT or muscle weakness.

7. Tourniquet Use in Surgery

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

To reduce blood loss and provide a bloodless surgical field for better visibility during joint replacement.

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

To reduce blood loss and provide a bloodless surgical field for better visibility during joint replacement.

Reflection Question (Short Answer):

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

The nurse educates the patient about pre- and post-op care (precautions, exercises, infection signs, pain control), ensures safety during recovery, reinforces rehabilitation goals, and advocates for their needs, comfort, and understanding throughout the surgical process.