



Total Joint Surgery

Student Name: Suzette Commodore

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. Position: adduction, internal rotation
2. Assess ROM at regular intervals to promote functional performance
3. by increasing hydration and early mobilization and use of anticoagulants

B. Why are these precautions important?

These precautions are important in the prevention of dislocations and to allow proper healing

2. Continuous Passive Motion (CPM) Machine

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

Continuous movement of the patient's knee for them, the goal is to reach 90 degrees, this prevents the joint from freezing

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	<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
-

4. Infection Prevention

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

1. Maintaining sterile technique when changing dressing
2. Monitor incision for redness or drainage

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

Because we may have to remove the application due to an increased inflammatory response, and the need for revision surgery

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 in bed and immobilize the leg then notify the surgeon as soon as possible

6. Pre-Operative Strengthening Exercises

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

1. Gluet sets
2. Quad sets

B. How do these exercises help recovery?

These exercises improve muscle tone and aid in post-op mobility and recovery time

7. Tourniquet Use in Surgery

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

To stop blood flow temporarily and allow for increased visualization

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

Monitor for nerve damage, pain, and the return of circulation

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 explain what to expect after surgery, including pain control, mobility precautions, and signs of complications. They also advocate for patient safety, informed consent, and coordination of care to support recovery and promote independence