

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 102-Nursing Care of Adults
Research Paper: Topical Outline Template

1. **Title of the paper: Preventing Herniated Nucleus Pulposus in Risk Populations.**
2. **Thesis Statement: Herniated nucleus pulpous commonly known as a “herniated disc” or a “slipped disc” early detection, and education can help patients to achieve the best outcome possible.**
3. **Introduction:**
 - a. Key points/ background information
 - i. What is a herniated disc? (The textbook)
 - ii. How can a patient develop a herniated disc, and signs and symptoms of a herniated disc? (Johns Hopkins Medicine, n.d.)
 - iii. Diagnosing a herniated disc and treatment options. (Mayo clinic, 2025)
 - b. Thesis Statement
 - i. **Herniated nucleus pulpous commonly known as a “herniated disc” or a “slipped disc” early detection, and education can help patients to achieve the best outcome possible.**
4. **Body of the paper:**
 - a. **Statement of the Problem**
 - i. Overview of the problem
 1. Anatomy of the musculoskeletal system focusing on the spine. (The textbook)
 2. Signs and symptoms of a herniated disc, and what type of population it effects. Possible complications that could occur. Prevention. (Johns Hopkins Medicine, n.d.)
 3. Diagnosing and treatment options for a patient with a herniated disc. (Hall & Camino Willhuber, 2025)
 - ii. Significance of the topic
 1. How herniated disc is result of progressive age-related wear and tear. (Mayo clinic, 2025)
 2. Prevention strategies and risk factors. (Mayo clinic, 2025)
 3. Effects on daily life. (Lanman, 2023)
 - iii. Statistical information (*Stretanski et al., 2025*)
 1. Herniated disc is more frequent in men vs women.
 2. At what age most people present with herniated disc.
 3. What the most effected discs are (L5-S1, L4-L5)
 - iv. If left untreated how would this affect the nursing community?
 1. Chronic pain
 2. Nerve damage in the spinal cord
 - b. **Risk Reduction/ Treatment of the Problem**
 - i. Prevention (Mayo clinic, 2025)
 1. Exercise

- 2. Maintaining good posture and alignment
- 3. Maintaining a healthy weight
- ii. Screening (Johns Hopkins Medicine, n.d.)
 - 1. X-Ray
 - 2. CT Scan
 - 3. MRI
- iii. Treatment (Mayo clinic, 2025)
 - 1. Medications (Neuropathic pain meds, muscle relaxers, Opioids, Cortisone injections, etc.)
 - 2. Physical therapy.
 - 3. Surgery (if extreme enough)
- iv. What is the impact this research has on patient care?
 - 1. Improved understanding of what a herniated disc is.
 - 2. Early signs and symptoms
 - 3. Treatment plans for herniated discs.

c. Teaching

- i. 2 learning objectives for the learner
 - 1. Signs and symptoms of herniated discs. (John Hopkins Medicine, n.d)
 - 2. Preventative measures. (Mayo Clinic Staff, 2025)
- ii. Teaching strategies/ methods you will utilize
 - 1. Verbal instructions.
 - 2. Paper instructions.
 - 3. Physically showing proper body mechanics.
- iii. Teaching tools you will utilize
 - 1. Images
 - 2. Diagrams
 - 3. Packets describing the information using basic terminology.

5. Conclusion

- a. Summarize the main points of the paper
 - i. What a herniated disc is and how to prevent it. (Johns Hopkins Medicine, n.d.) and (Textbook)
 - ii. Signs and symptoms. (Mayo Clinic Staff, 2025)
 - iii. Diagnosing and types of treatments. (Hall & Camino Willhuber, 2025)
- b. How does this information apply to evidence-based nursing practice?
 - i. To highlight the major signs and symptoms. (Mayo Clinic Staff, 2025)
 - ii. To highlight risk factors and prevention strategies. (Stretanski, Hu, & Mesfin, 2025)
 - iii. To highlight different types of treatments for patients. (Hall & Camino Willhuber, 2025)
- c. What is the importance of this paper?
 - i. To educate people on herniated discs. (The textbook)
 - ii. To highlight what population is most effected by herniated discs. (Stretanski et al., 2025)

- iii. What signs and symptoms for patients to look out for. (Mayo Clinic Staff, 2025)

References

- Mayo Clinic Staff. (2025, July 18). *Herniated disk: Symptoms & causes*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/herniated-disk/symptoms-causes/syc-20354095>
- Johns Hopkins Medicine. (n.d.). *Lumbar disk disease (herniated disk)*. Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/lumbar-disc-disease-herniated-disc>
- Hall, W. A., & Camino Willhuber, G. O. (2025, November 7). *Nucleus pulposus herniation*. In **StatPearls [Internet]**. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK542307/>
- Lanman, T. (2023, November 21). *5 long-term effects of a herniated disc: Why treatment matters*. SpineMD. <https://www.spine.md/insights/long-term-effects-of-herniated-disc>
- Stretanski, M. F., Hu, Y., & Mesfin, F. B. (2025). *Disk herniation*. In **StatPearls [Internet]**. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK441822/>

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