

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

1. **Title of the paper:** Finding prevention, screening and treatment strategies for Herniated Nucleus Pulposus
2. **Thesis Statement:** Using evidence based methods such as prevention, screening and treatments are needed for Herniated Nucleus Pulposus (HNP) with the goal being to decrease disability and have better patient outcomes.
3. **Introduction:**
 - a. Key points/ background information
 - i. Definition of what a Herniated Nucleus Pulposus
 - ii. Where it is most common in and how it occurs
 - iii. The symptoms of a Herniated Nucleus Pulposus
 - b. Thesis Statement
 - i. See above. Why it is important to have evidence based prevention, screenings and treatments that will help with outcomes.
4. **Body of the paper:**
 - a. **Statement of the Problem**
 - i. Overview of the problem
 1. Compressing of the spinal nerve roots (Hall, 2025)
 2. Location of most affected: Lumbar spine (Hall, 2025)
 3. The neurological symptoms that will occur are paresthesia, pain and weakness, etc. (Hall, 2025)
 - ii. Significance of the topic
 1. The major causes and lower back pain (Hall, 2025)
 2. How it affects your life, any impairments that can occur (Penchev et al, 2024)
 3. How it is the number one leading cause in back pains and back surgeries
 - iii. Statistical information
 1. Common cause of pain in adults (Hall, 2025)
 2. Different treatment outcomes and their effectiveness
 3. Statistical information like epidemiology (penchev et al, 2024)
 - iv. If left untreated how would this affect the nursing community?
 1. The needs for maintaining pain (Hall, 2025)
 2. Helps with getting rehab and patient education (penchev et al, 2024)
 - b. **Risk Reduction/ Treatment of the Problem**
 - i. Prevention
 1. Early management strategies (Jin et al, 2025)

2. Non surgical conservative managements (Hall, 2025)
3. Education on proper posture and alignment (Hall, 2025)
- ii. Screening
 1. Testing for changes in motor and sensory (Hall, 2025)
 2. MRI testing (Jin et al, 2025)
 3. Clinical evaluations of symptoms (Hall, 2025)
- iii. Treatment
 1. Conservative therapies like PT (penchev et al, 2024)
 2. Getting steroid injections (Penchev et al, 2025)
 3. different types of surgical treatments (Penchev et al, 2024; Jin et al, 2025; Hall, 2025)
- iv. What is the impact this research has on patient care?
 1. Improving symptom relief and proper recovery (Penchev et al, 2025)
 2. Increased patient education (Hall, 2025)
 3. Compare and contrast different treatment options (Jin et al, 2025)

c. Teaching

- i. 2 learning objectives for the learner
 1. Find the different signs and symptoms of HNP
 2. Name some preventative strategies they can take and how that will help
- ii. Teaching strategies/ methods you will utilize
 1. verbal explanations and pictures
 2. case study type of questions
 3. Interactive games or questions
- iii. Teaching tools you will utilize
 1. Tri fold poster with diagrams
 2. pamphlets from other local companies with education
 3. Possible spine model for demonstration

5. Conclusion

- a. Summarize the main points of the paper
 - i. HNP patho and its symptoms
 - ii. Using evidence based practice to find different prevention strategies, screenings and getting different treatment options
 - iii. The importance of finding it early and getting it treated
- b. How does this information apply to evidence-based nursing practice?
 - i. Reason why it is important to follow the guidelines for good care
 - ii. Help improve patient education and working together as a team in the hospital
 - iii. Correctly and accurately assessing patients
- c. What is the importance of this paper?
 - i. Helps improve better outcomes for patients
 - ii. Helps find the importance of nursing care within education on spinal health
 - iii. bring more awareness and prevention on modifiable risk factors

References

- Hall, W. A. (2025, November 7). *Nucleus pulposus herniation*. StatPearls [Internet]. <https://www.ncbi.nlm.nih.gov/books/NBK542307/>
- Penchev, P., Ilyov, I. G., Todorov, T., Petrov, P. P., & Traykov, P. (2024). Comprehensive Analysis of Treatment Approaches for Lumbar Disc Herniation: A Systematic Review. *Cureus*, 16(8), e67899. <https://doi.org/10.7759/cureus.67899>
- Jin, H., Lopez, A. M., Romero, F. G., Hoang, R., Ramesh, A., & Bow, H. C. (2025, June 30). A systematic review of treatment guidelines for Lumbar Disc Herniation. *Neurospine*. <https://www.e-neurospine.org/journal/view.php?number=1714>