

Disease: Carpel Tunnel Syndrome

Student Name: Shayla Mitchell

Pertinent Common Signs and Symptoms

- Diagnosis is made based on history & report of pain and numbness in affected hand

Pertinent Physical Exam Findings/Risk Factors

Exam Findings:
- Pain worse at night
- Paresthesia
Risk Factors:
- Rheumatoid Arthritis
- Diabetes mellitus

Pertinent Nursing Interventions

- Splint or hand brace to immobilize the wrist
- Elevate hand above heart to reduce swelling
- Check neurovascular status of fingers every hour

Disease and Brief pathophysiology

Compression of the median nerve in the wrist from swollen or thickened synovium, causing pain & numbness

Client Education/Health Promotion

- Hand movements & heavy lifting might be restricted 4 to 6 wks
- Can experience weakness and discomfort for weeks or months

Labs

N/A

Diagnostic Procedures

Phalen maneuver
Tinel's sign
Durkan's Test
Electromyography
Nerve Conduction Study

Pertinent Medications

NSAID
Corticosteroid

Potential Problems

N/A

Disease: **Osteoarthritis**

Student Name: **Shaayla Mitchell**

Pertinent Common Signs and Symptoms

- Enlarged joint
- Dull or sharp pain
- Muscle Spasm
- Numbness

Pertinent Physical Exam Findings/Risk Factors

- Exam Findings:
- Joint pain & stiffness
 - Crepitus
- Risk Factors:
- Aging
 - Genetic Factors
 - Obesity

Pertinent Nursing Interventions

- Positioning every 2 hour
- Balance test with activity
- Encourage use of assistive device
- WU - balanced diet

Disease and Brief pathophysiology

Progressive deterioration of the articular cartilage. It is a noninflammatory, non-systemic disease.

Client Education/Health Promotion

- Encourage the client to use joint-saving measures
- Encourage client to maintain healthy weight
- Smoking cessation

Diagnostic Procedures

- X-ray
- CT Scan
- Nuclear Bone Scan
- EMG and nerve conduction

Pertinent Medications

- NSAID
- Muscle Relaxant
- Opioids

Potential Problems

- Chondrolysis
- Osteonecrosis