

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME Marianne Florido

DISORDER/DISEASE PROCESS Hip fracture

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
Hip fracture

Pathophysiology Related to Client Problem
A hip fracture is a break in the upper quarter of the femur (thigh) bone. The extent of the break depends on the forces that are involved. The type of surgery used to treat a hip fracture is primarily based on the bones and soft tissues affected or on the level of the fracture.

Health Promotion and Disease Prevention
Get enough calcium and vitamin D, Avoid smoking or drinking, Exercise to strengthen bones and improve balance

ASSESSMENT

Risk Factors
Age, Sex, Osteoporosis, any chronic disease, Tall stature, Nutritional problems, Low body weight, lack of physical inactivity, Tobacco and alcohol use

Expected Findings
Inability to get up from a fall or to walk, Severe pain in your hip or groin, Bruising and swelling in and around hip area, Shorter leg on the side of injured hip,

Laboratory Tests
CBC, CMP, Serum urea nitrogen value, Creatinine value, Glucose level, Urinalysis, Prothrombin time (PTT), Activated partial thromboplastin time (APTT), Arterial blood gas (ABG) determination

Diagnostic Procedures
X-ray
MRI
CT-scan

SAFETY CONSIDERATIONS

Fall risk precautions

Medications

PATIENT-CENTERED CARE

Nursing Care
- Assess the patient questions and concerns about her hip surgery.
- Ensure patient wears compression stockings and SCD device daily to decrease DVT development.
- Educate the patient how to properly use trapeze bar when transferring in bed.

Medications
- Cefazolin
- Tobramycin
- Ampicillin/sulbactam
- Gentamicin
- Morphine
- Ketorolac

Client Education
- Patient may need instruction in the use of crutches initially to restrict weight bearing
- Patients are usually instructed in a home exercise program for continuing strengthening of the hip
- Educate the patient how to correctly use the trochanter roll to help hip alignment.
- Educate the patient how to properly change positions to relieve pressure with a little pain possible.

Therapeutic Procedures
Internal repair using screws
Total hip replacement
Partial hip replacement

Interprofessional Care
Nurse
Doctor
PT/OT

Complications
- Blood clots in your legs or lungs
- Bedsores
- Urinary tract infections
- Pneumonia
- Further loss of muscle mass, increasing your risk of falls and injuries