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Case Study, Chapter 39, Assessment of Musculoskeletal Function

1. Martha Smitty, an 81-year-old patient, is admitted to the medical-surgical unit after a recent fall resulting in a fracture of the right hip. (Learning Objective 2)

- a. What areas of information need to be gathered by the nurse during the patient's history?
 - a. Their occupation
 - b. Exercise patterns
 - c. Alcohol consumption
 - d. Tobacco use
 - e. Dietary intake
 - f. Concurrent health conditions
 - g. Any previous trauma to the musculoskeletal system

2. The nurse in the outpatient orthopedic clinic is reviewing the medical records of several patients being seen in the clinic today. In the most recent note by the primary provider, the nurse reads the following:

"67-year-old, moderately obese woman examined today for increasing back and left shoulder pain. Limited circumduction of left arm noted in comparison with right arm. Strength of left arm is less than right, with less muscle definition in the left arm. Examination of back indicates significant kyphosis, and the patient states that she is 'shrinking.' Bone density testing of the hip is ordered." (Learning Objectives 3 and 4)

- a. How does the nurse interpret "limited circumduction"?
 - a. Circumduction is moving your shoulder in cone like movement. Since the patient is limited she can not do a full circumduction.
- b. When the patient arrives, the nurse correlates the "kyphosis" with what physical finding? What causes kyphosis in the older adult?
 - a. The Physical finding that the nurse correlates with kyphosis is that the patient is shrinking. Kyphosis can be caused by degenerative diseases of the spine like arthritis or disc degeneration. Also it can be caused by trauma or osteoporosis.
- c. How should the nurse explain the patient's decreasing height?
 - a. The nurse is shrinking because the inner curvature of the spine which is causing the patient's height to decrease.

- d. What is the rationale for prescribing bone density testing of the hip in this patient?
 - a. The bone density will measure the patient's fracture risk. The bone density test can also monitor osteoporosis. Also the hip bone could be the cause of the kyphosis in the patients back.

Hinkle, J.L. & Cheever, K.H.(2018). Brunner & Suddarth's textbook of medical-surgical nursing(14th ed.). Philadelphia, PA: Wolters Kluwer Health Lippincott Williams & Wilkins