

Orthopedic Nursing Best Practices

Course Description, Credentials and Objectives

Course Description:

This four-part course (2.0 CEUs) is **designed** for all nursing staff providing direct care to orthopedic patients. It is also designed to be taken in its short form (1.5 CEUs) by CNAs, Nursing Assistants and other Technician staff who's role include direct care of orthopedic patients. The course consists of:

1. An on-line module on Hip Surgery Best Practices (20 min)
2. An on-line module on External Fixations Devices (20 min)
3. An on-line module on Casts, Care and Compartment Syndrome (20 min)
4. A clinical session with a Physical Therapist focusing on safe patient movement (30 min)
5. A written post-test that when completed will be turned in to Staff Dev for CEUs and hours
6. A course Evaluation

*****All quizzes and the evaluation must be turned into STAFF DEV for credit in addition to signing the attendance sheet at the Physical Therapist-taught clinical session before November 1st, 2015**

Credentials:

The course was designed and implemented by Julia A. Fritz, RPT, MRCH Physical Therapy Dept., and Janice L. Tatum, MSN, NP, MRCH Staff Development Educator. Credentials on file in Staff Development Office.

Course Objectives:

Upon completion of the four components of the Orthopedic Nursing Best Practice Modules the learner will be able to:

From the on-line module on Hip Surgery Best Practices (20 min):

1. Describe various reasons persons have hip surgeries (traumatic and elective).
2. Identify the most common type of hip surgery seen at MRCH.
3. Contrast the mobility precautions in a person with hip prosthesis replacement (arthroplasty/hemiarthroplasty) and with an ORIF (open reduction with internal fixation).
4. Identify comorbidities that increase the risk of poor outcome in patients with orthopedic conditions.
5. Verbalize what volume of blood loss post orthopedic surgery signals the need for further patient

assessment and notification of a doctor.

6. Identify the process and time frames for peripheral neurovascular assessment post orthopedic surgery.
7. Name the vitamins and minerals nutrients essential to bone and tissue healing.
8. Identify factors contributing to safe early ambulation in the post-operative orthopedic patient.
9. Distinguish the role of the nurse from the role of physical therapist in providing care for the post-operative hip surgery patient.

From the on-line module on External Fixations Devices (20 min)

1. Describe various reasons persons have external fixation devices place.
2. Identify the most common type of EFDs (external fixation devices) seen at MRCH.
3. Explain the process of assisting a patient with an EFD in movement of the affected extremity.
4. Describe the signs and symptoms of EFD pin site infection.
5. Identify nursing responsibilities in prevention infection related to the patient with an EFD.
6. Describe interventions related to reducing anxiety in the patient with an EFD.
7. Distinguish when nursing does pin site cleaning and when it is the responsibility of the physician.
8. Name five assessed elements that indicate a pin site infection.
9. Distinguish the role of the nurse from the role of physical therapist in providing care for the patient with an EFD.
10. Identify the elements of discharge planning for the patient with an EFD.

From the on-line module on Casts, Care and Compartment Syndrome (20 min)

1. Describe various reasons persons have casting for orthopedic conditions.
2. Identify the most common types of casts.
3. Define the nurse's role in providing for safe cast application and monitoring.
4. Identify complications that can occur in the patient with a cast.
5. Explain compartment syndrome and identify what conditions or therapies put a patient at risk for this complication.
6. Identify six of twelve specific assessment to avoid complications related to casting.
7. Name three ways to minimize the effects of immobility in the casted patient.
8. Identify comorbidities associated with thromboembolism in the orthopedic patient.
9. List the six "p"s involved in identifying impending compartment syndrome.
10. Explain the actions necessary to reverse impending compartment syndrome.

11. Contrast the role of the nurse with the role of the physical therapist in care of the patient with a cast.

From the clinical session with a Physical Therapist focusing on safe patient movement (30 min)

1. Identify educational materials in the Hemi-Arthroplasty handbook
2. Contrast and demonstrate safe movement techniques for the patient with an ORIF and a hemi-arthroplasty.
3. Discuss and demonstrate safe handling and mobility in the patient with an external fixation device.
4. Demonstrate transfer of a patient with hip precautions from bed to chair and chair to bed.
5. Explain the role of the physical therapist and the nurse in assisting patients with various orthopedic conditions.