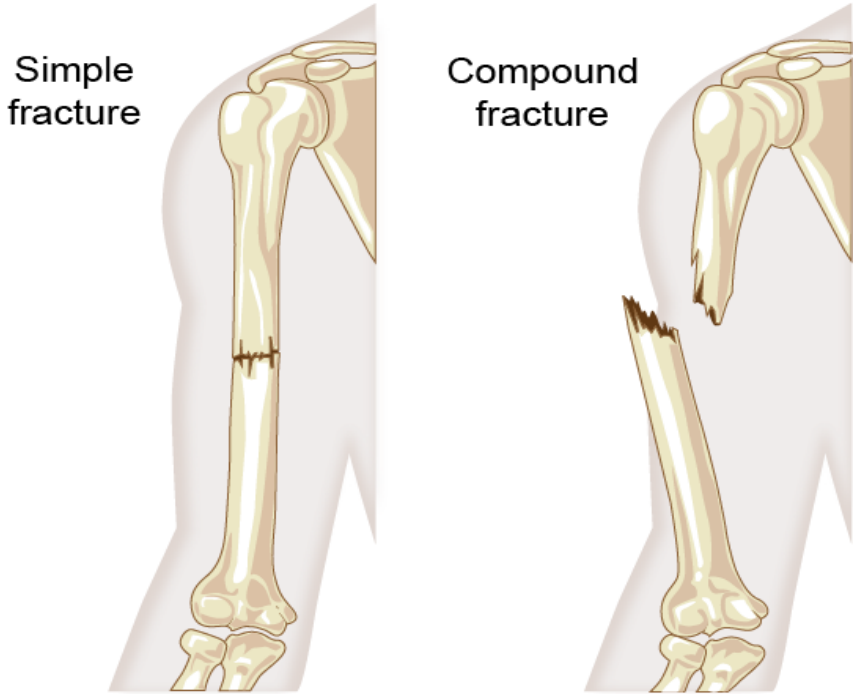
The NCLEX Tutor

KoaPine Tutoring & Test Prep

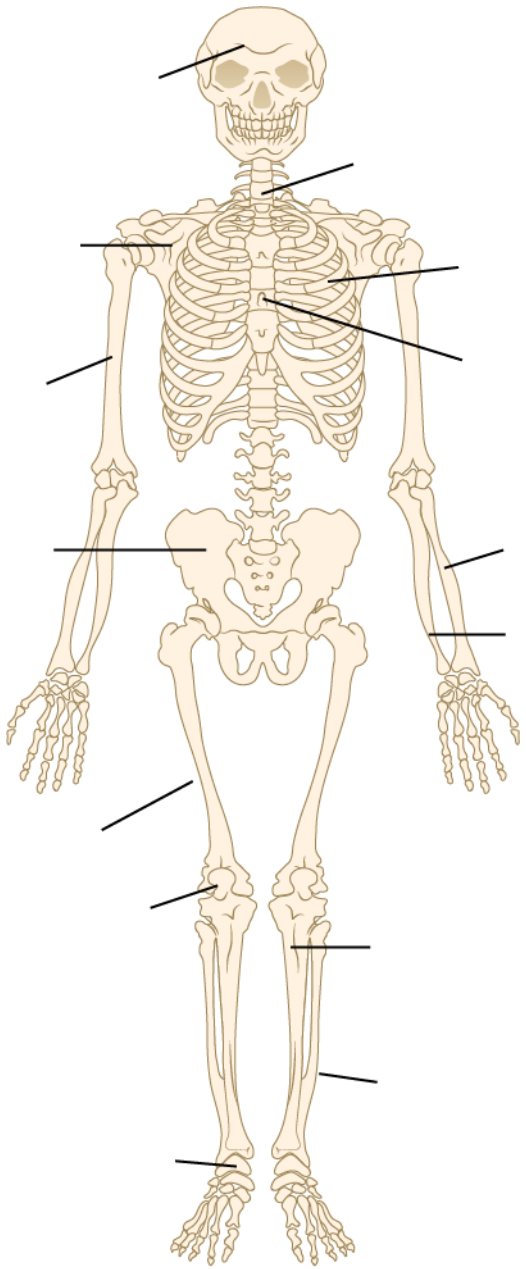


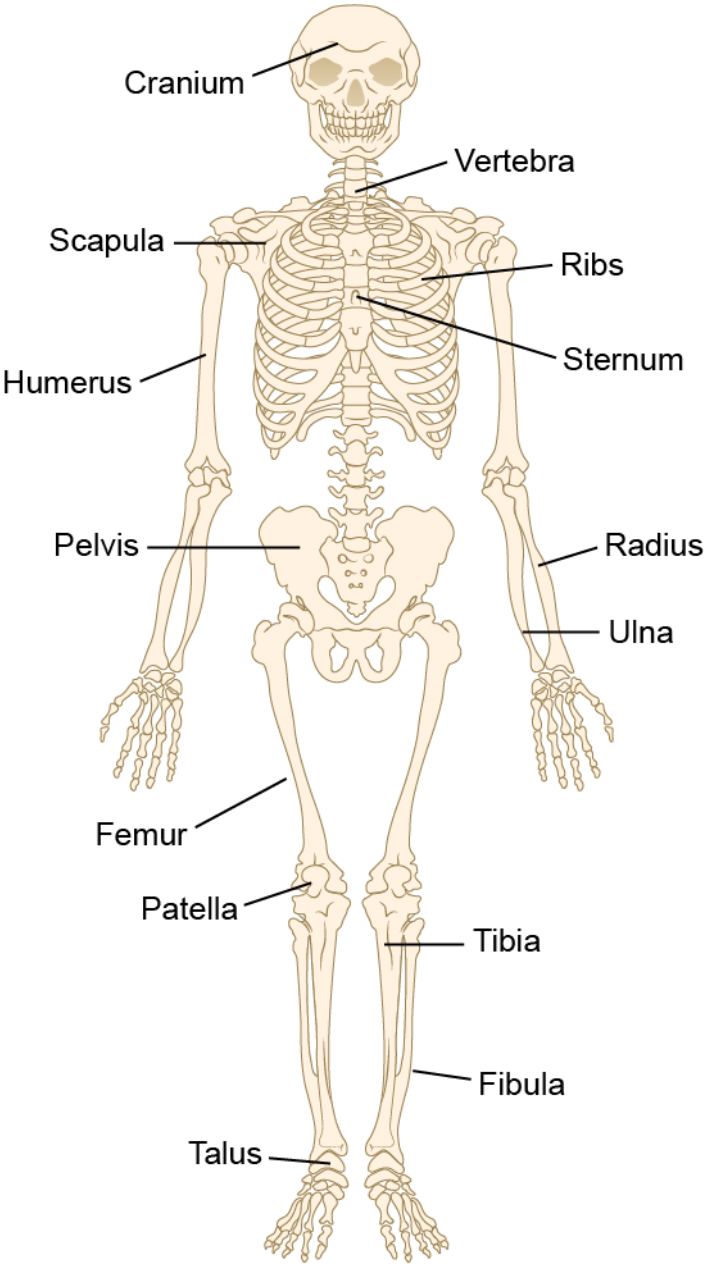
Musculoskeletal Webinar

Justine Buick, MSN, RN

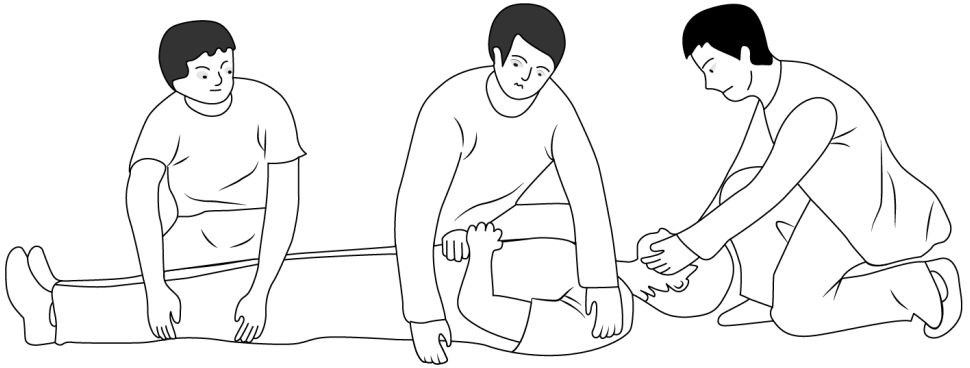
MEDS

- Musculoskeletal
- Pain meds



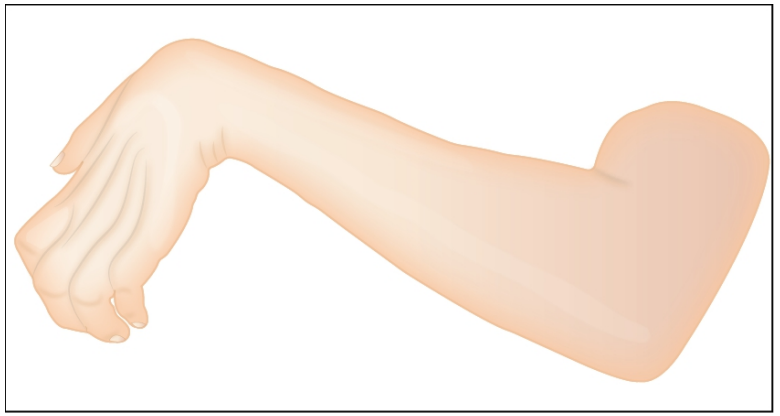

Cranium
Vertebra
Scapula
Ribs
Sternum
Humerus
Pelvis
Radius
Ulna
Femur
Patella
Tibia
Fibula
Talus

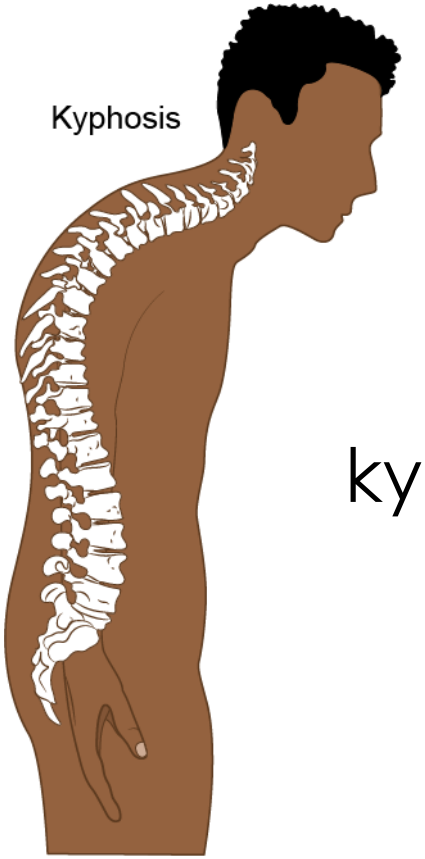
Log roll



SCDs/compression socks

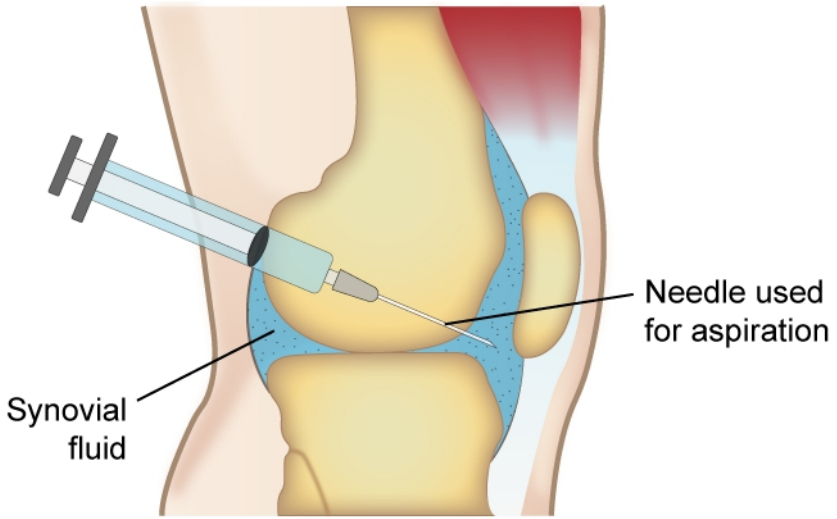
contracture



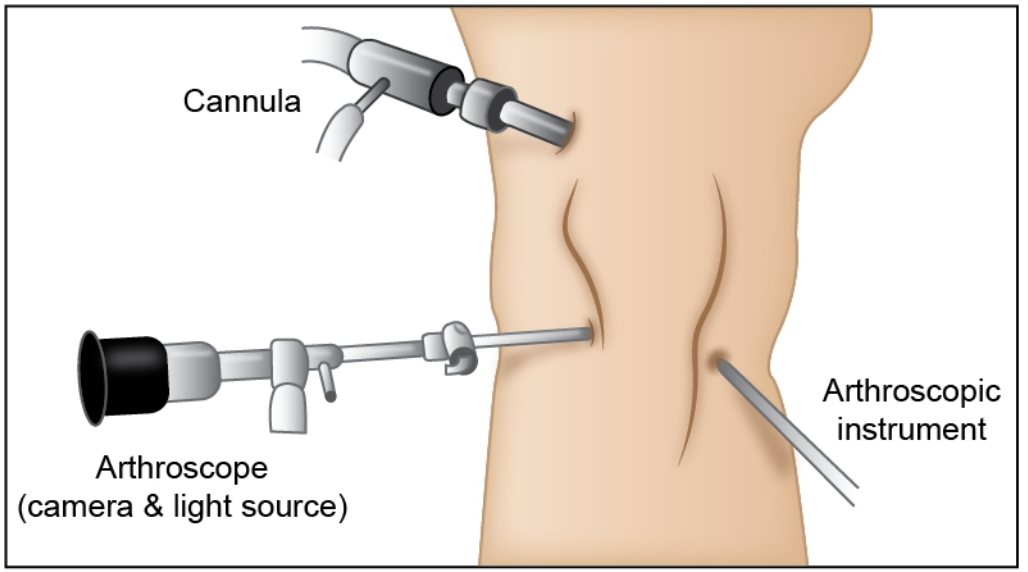


kyphosis

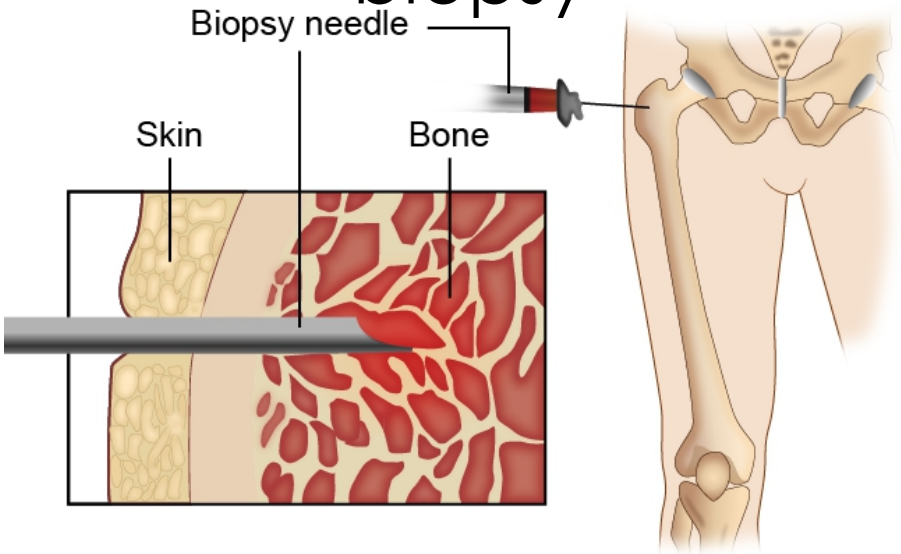
arthrocentesis



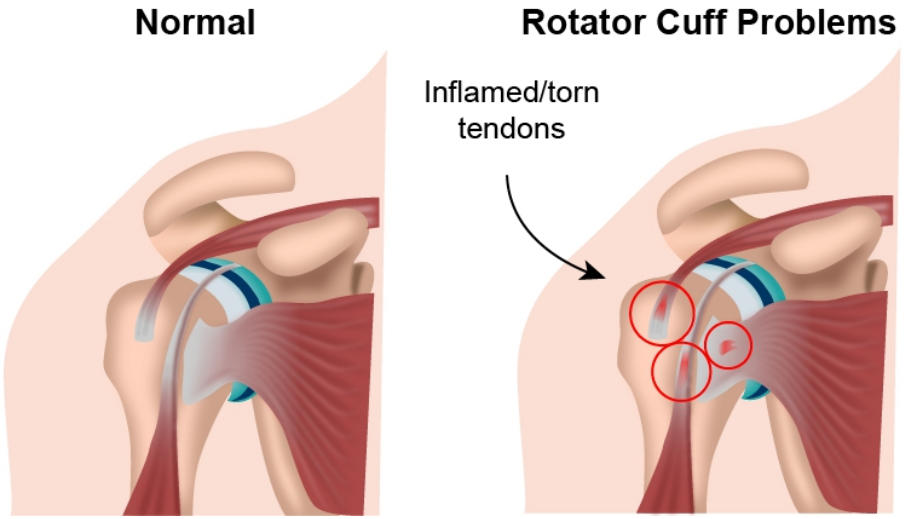
arthroscopy



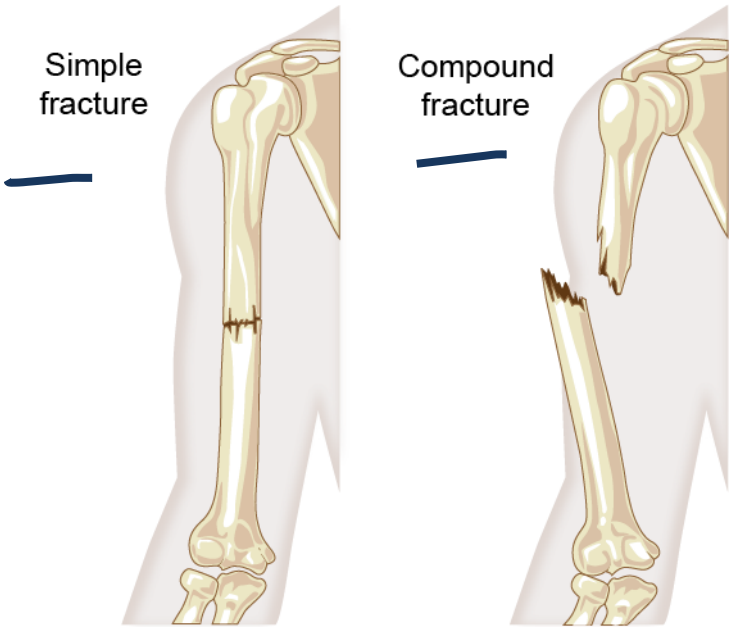
Bone/muscle biopsy



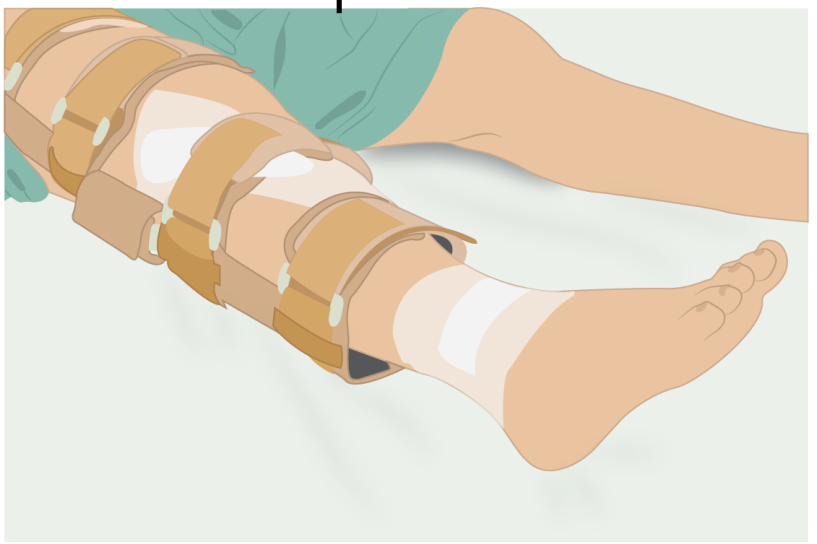
Rotator cuff injury



fractures



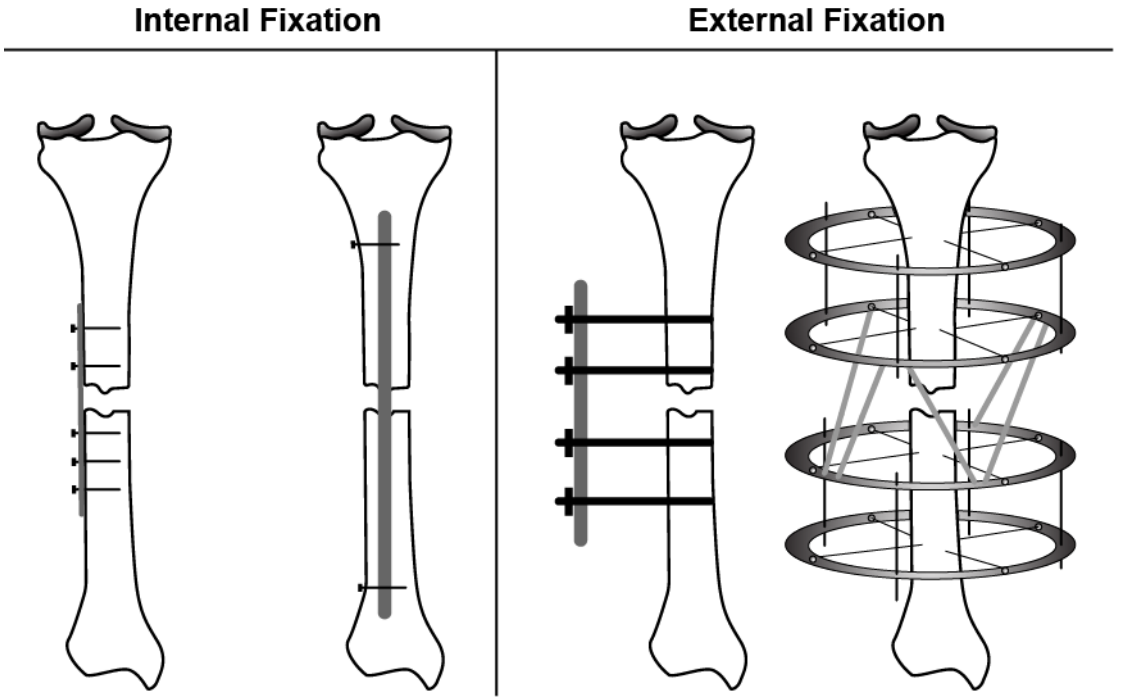
splint



1. The client is being seen in the clinic for a second-degree ankle sprain. Which **priority** treatments should the nurse plan?

1. Rest, elevate the extremity, apply ice intermittently, and apply a compression bandage.
2. Do range of motion to determine the extent of injury, apply heat, and check circulation.
3. Use moist heat and then apply ice; check circulation, motion, and sensation; and elevate.
4. Refer to an orthopedic surgeon, apply ice, give an analgesic, elevate and encourage rest.

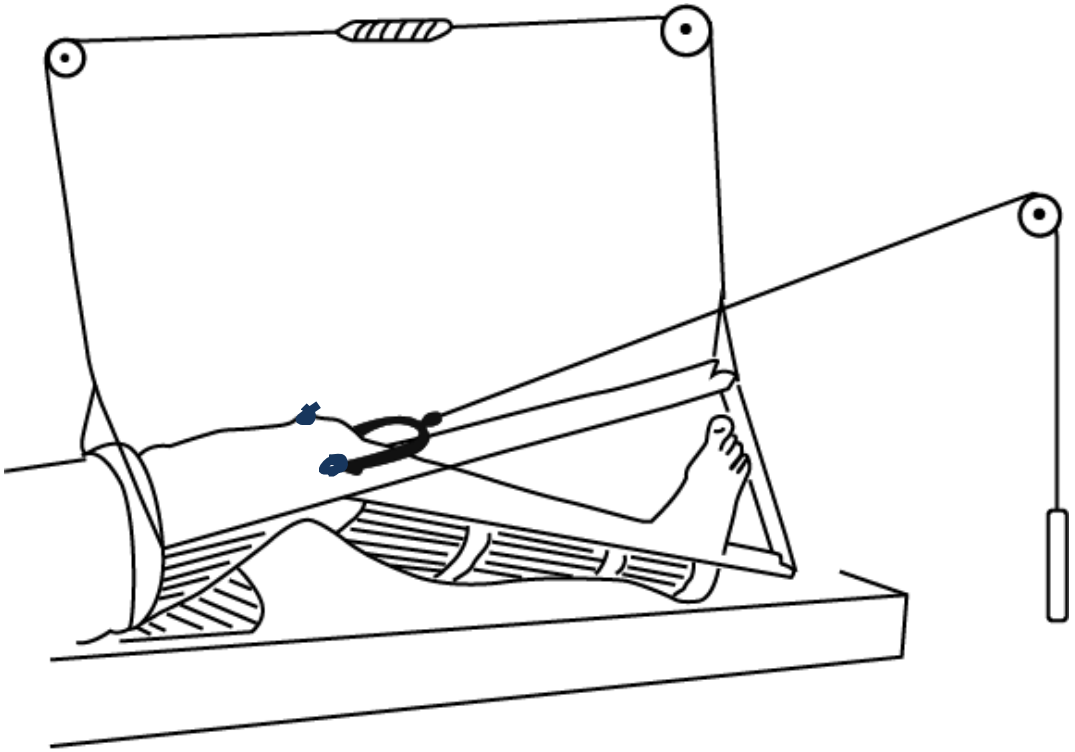
Fixing broken bones



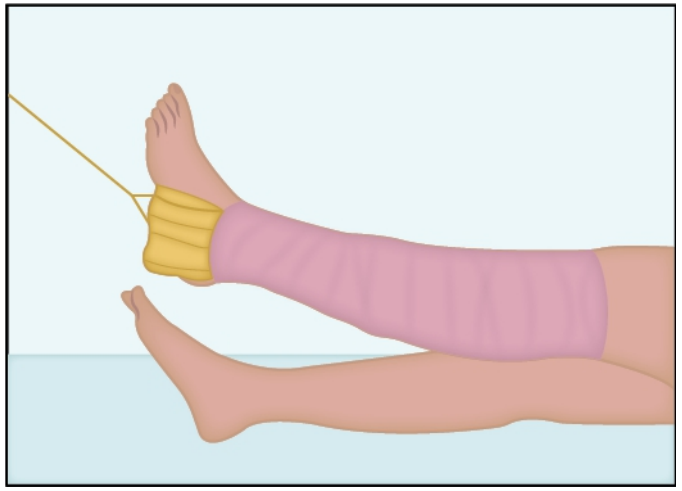
2. The nurse is assessing the client who is to have a closed reduction for a right elbow dislocation. Which should be the nurse's **priority**?

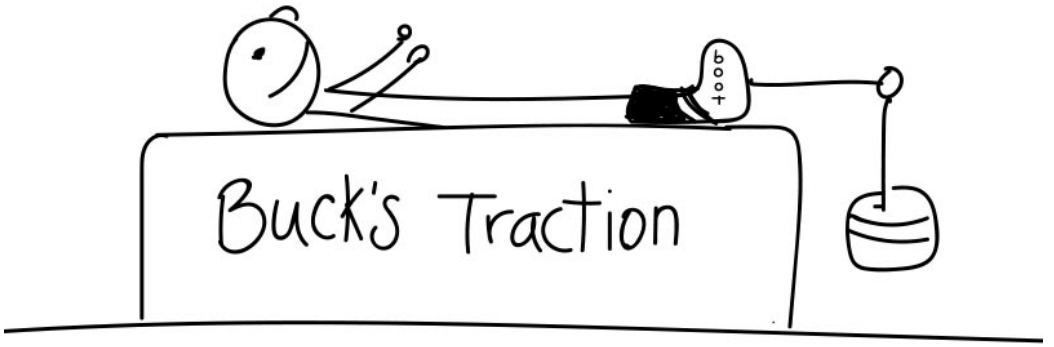
1. Presence of bruising to the right elbow.
2. Pain level rating on a 0-10 scale.
3. Sensation and pulse of the right forearm.
4. Left-handed or right-handed.

Skeletal traction

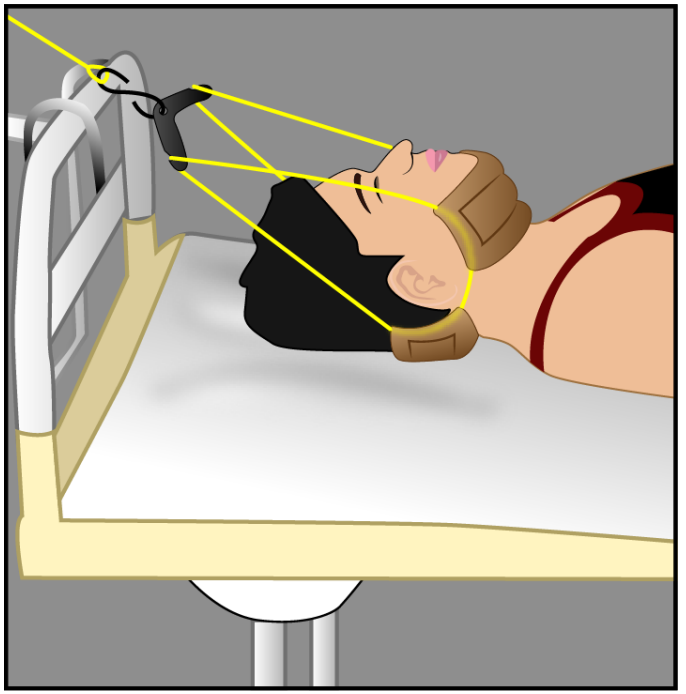


Skin traction

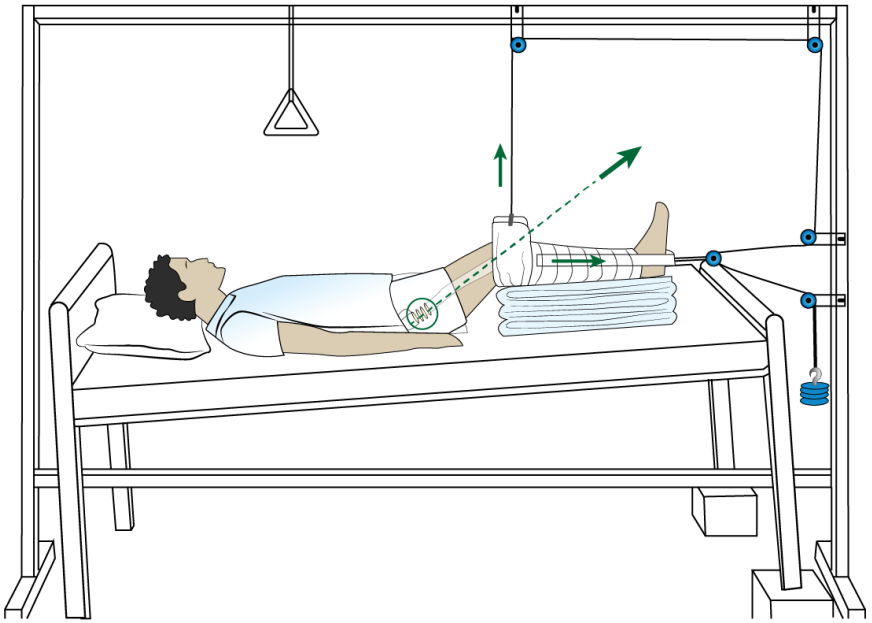




Cervical skin traction



Russel's traction



3. The nurse is performing pin care for a client who was put in skeletal traction 8 hours ago. Which assessment finding by the nurse would concern the nurse the **most**?

1. Serous drainage around the pin site.
2. Redness around the pin site.
3. Pain around the pin site.
4. Increasing edema around the pin site.

4. A client in skeletal traction for a right femur fracture reports pain in the affected limb. After assessing that the right foot is pale without a pulse, what should the nurse do **next**? **Select all that apply**.

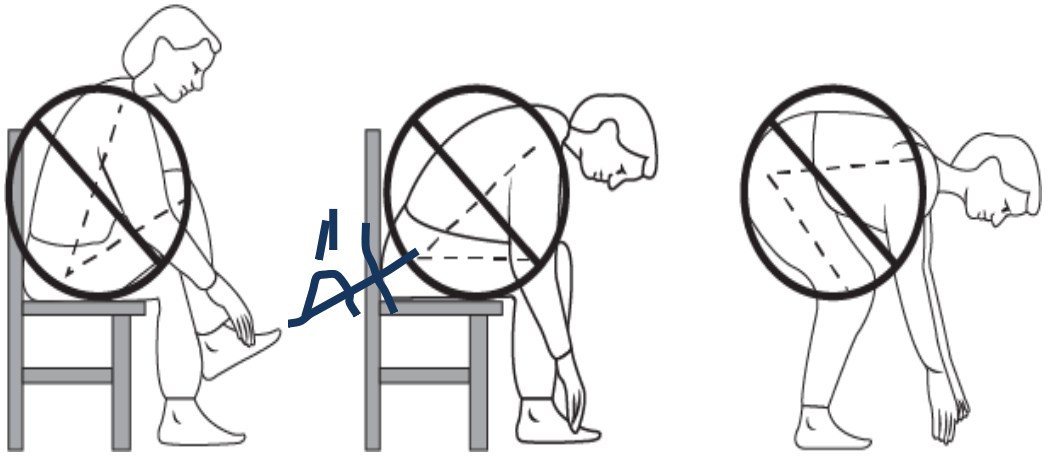
1. Ensure that the leg is not raised above heart level.
2. Administer analgesics as prescribed.
3. Release the traction.
4. Recheck the pulse in an hour.
5. Document the findings and notify the HCP.

5. The nurse is teaching the client with carpal tunnel syndrome how to best utilize a wrist splint. Which statement is **most** appropriate for the nurse to include in the teaching?

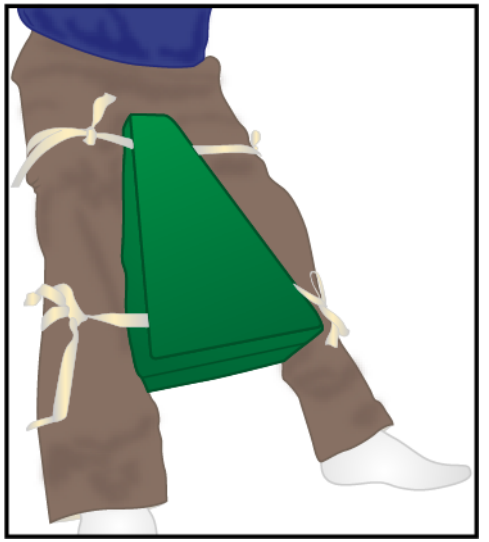
1. Leave the splint in place even when bathing.
2. Wear the splint at tight as can be tolerated.
3. Remove the splint intermittently throughout the day.
4. Only wear the splint when doing work that stresses the fingers.

Broken hip

Positions to avoid after hip replacement surgery

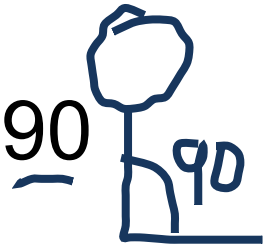


Abduction pillow



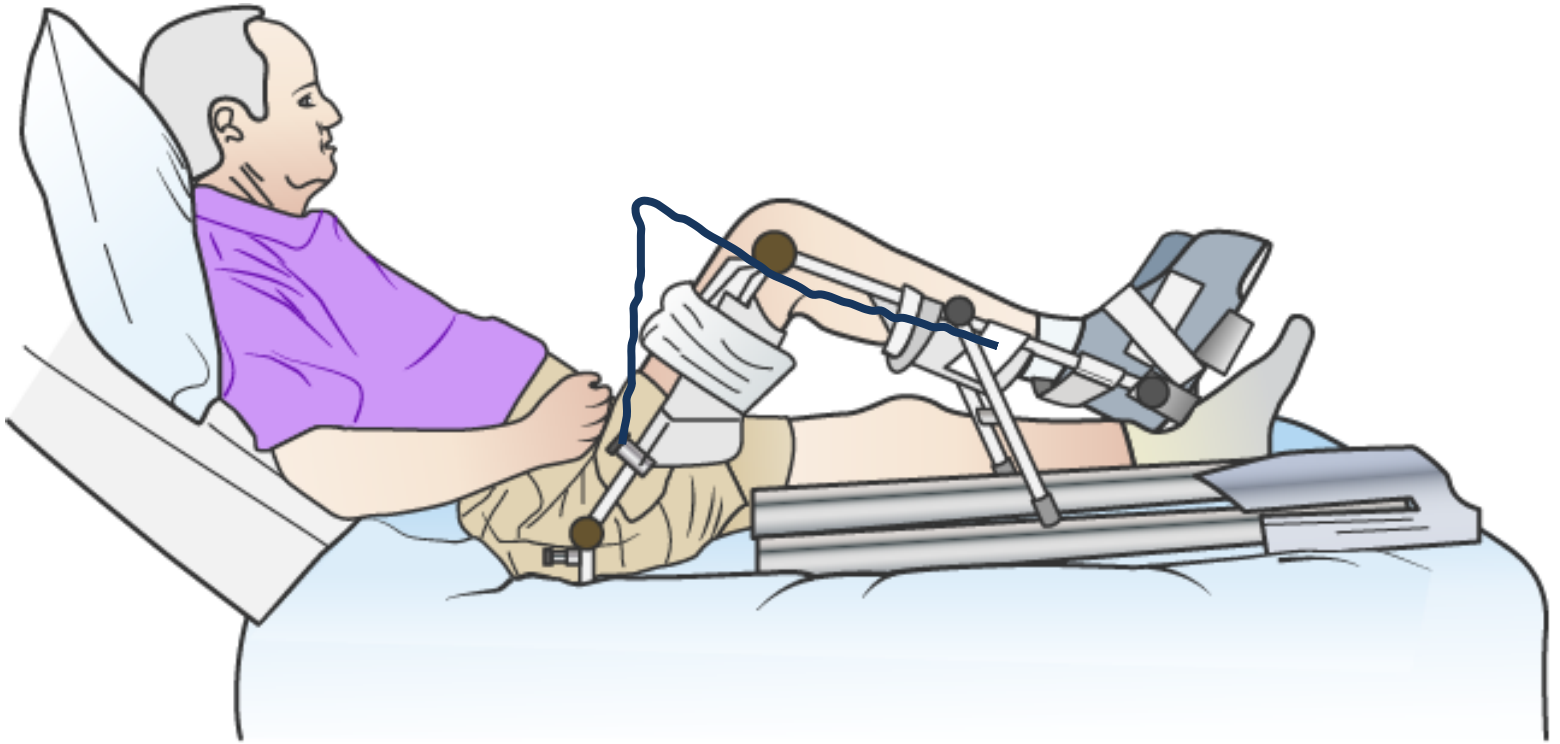
6. The nurse is caring for the client 24 hours following total hip arthroplasty. Which interventions should the nurse implement? **Select all that apply.**

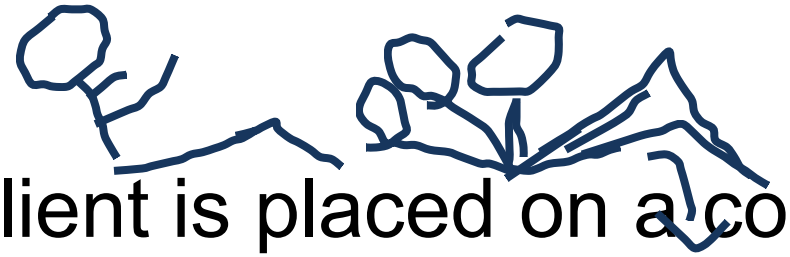
1. Place pillows or a wedge pillow between the client's legs to keep them abducted.
2. Have the client flex the unaffected hip and use the trapeze to help move up in bed.
3. Raise the head of the bed to no more than 90 degrees.



4. Place a pillow between the client's knees when initially assisting the client out of bed.
5. Keep the anti-embolism stockings on and do not remove unless the client reports discomfort.

CPM machine





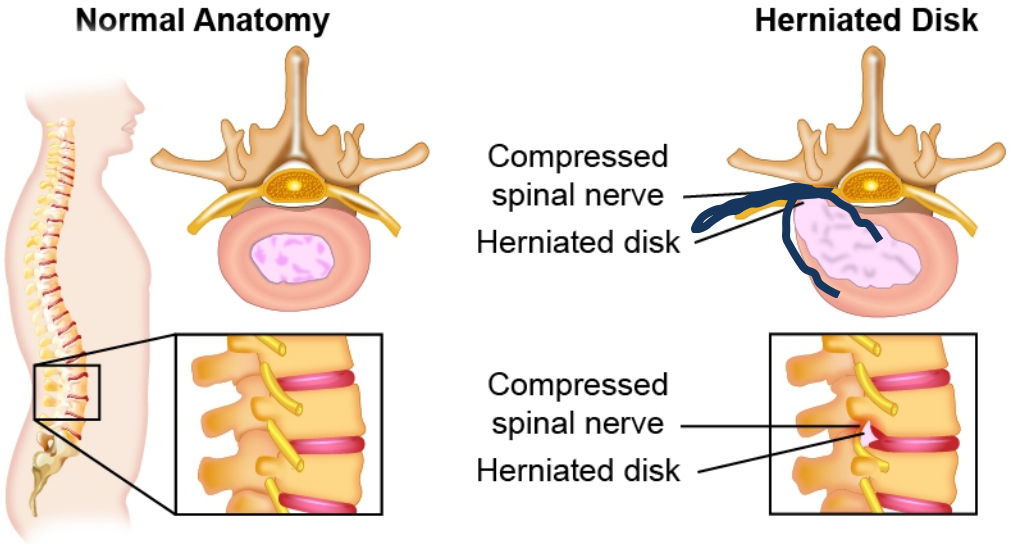
7. A client is placed on a continuous passive motion (CPM) machine postoperatively after a total knee replacement. The nurse observes the client's knee is externally rotating during flexion. What should the nurse do **next**?

1. Move the client up in bed or move the CPM machine toward the foot of the bed.
2. Support the knee with sandbags to prevent external rotation.
3. Assist the client to sit up in bed in a 45-degree position.
4. Do nothing; the client's knee is properly aligned.

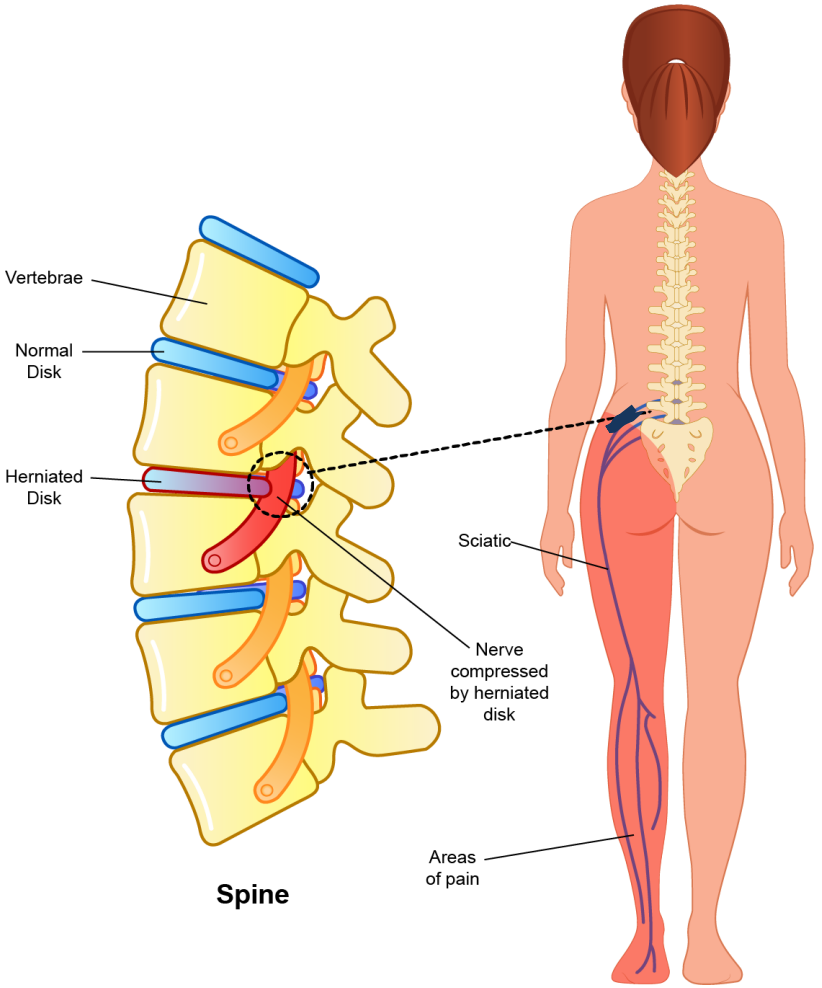
8. The nurse, caring for a client who had bilateral total hip replacements (THR) 2 days ago, determines that the client will need a referral to manage exercises and stairs when at home. The nurse should plan to initiate a referral with which interdisciplinary team member?

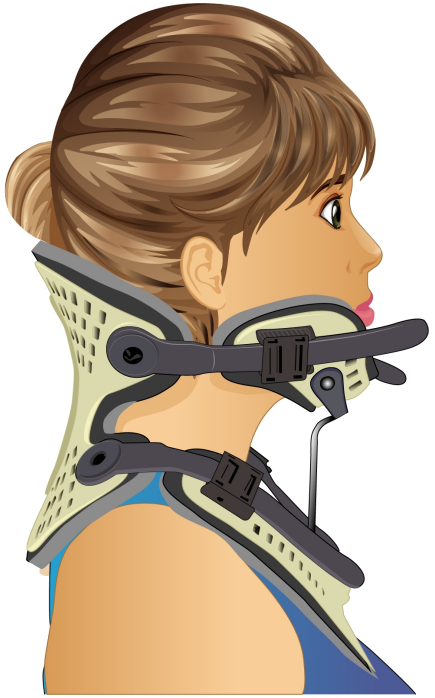
1. Occupational therapist
2. Social worker
3. Physical therapist
4. Home health aide

Herniated disc



Sciatica





Cervical collar

9. A 50-year-old male with chronic low back pain visits the outpatient clinic. The client weighs 200 lbs (91 kg), works as a truck driver, sits for prolonged periods, and exercises only occasionally. The client smokes one pack of cigarettes and drinks six cans of beer per day. What modifiable risk factors should the nurse focus on during client teaching? **Select all that apply.**

1. Cigarette smoking
2. Age
3. Alcohol use
4. Insufficient exercise
5. Sitting for prolonged periods

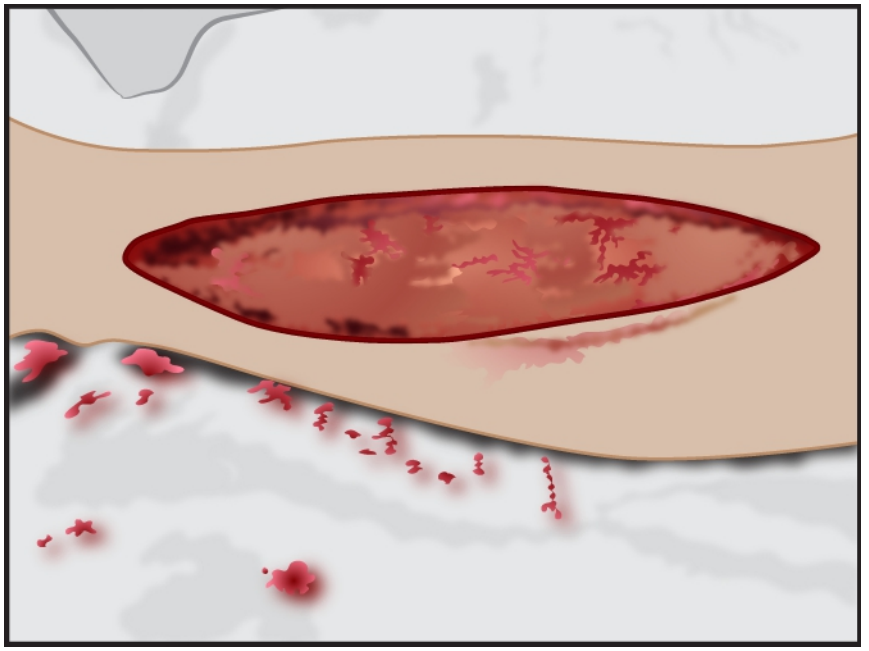
10. The nurse is caring for a client with a week-old cast. The client asks why the nurse touches the cast during an assessment. What is the **most** appropriate response by the nurse?

1. “I am making sure the cast has dried.”
2. “I am evaluating the strength of the cast.”
3. “I am feeling for hot spots that might indicate infection.”
4. “I am making sure the cast is not too tight.”

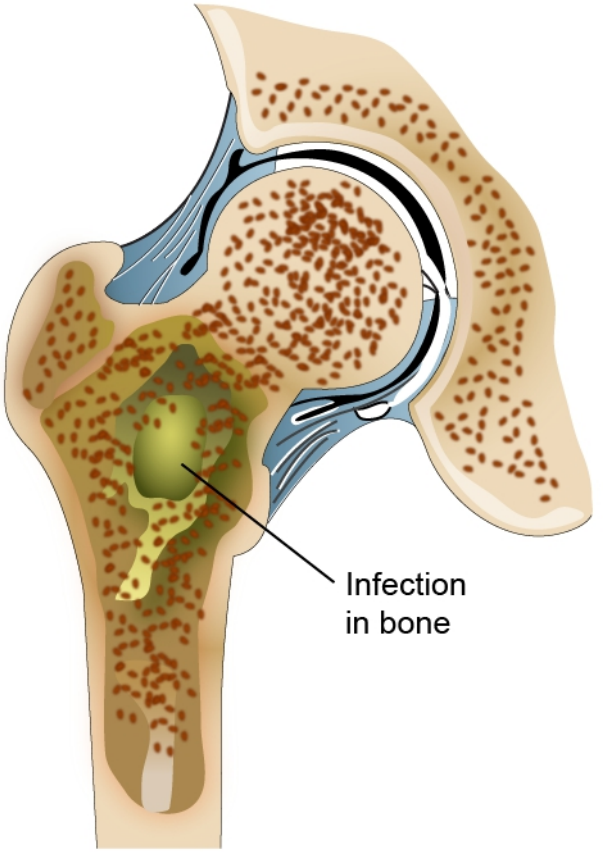
11. The client with a pelvic fracture developed a fat embolism. The nurse should assess the client for which specific signs? **Select all that apply.**

1. Dyspnea
2. Chest pain
3. Bradycardia
4. Petechiae
5. Groin tenderness

Compartment Syndrome / Fasciotomy



osteomyelitis



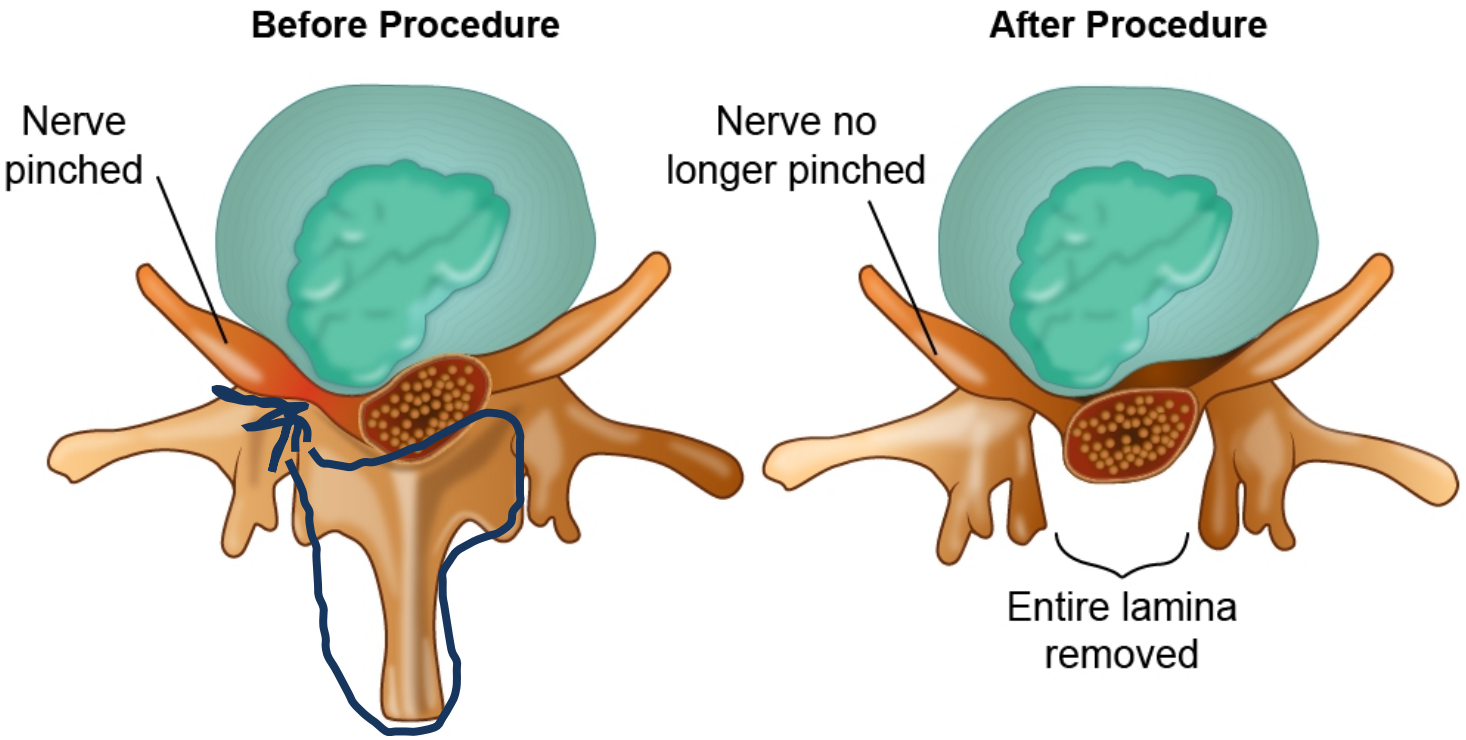
12. The nurse is caring for a client who has returned to the unit following the application of a cast for a fracture of the right ulna. The client is now reporting of severe pain, numbness, and tingling of the right arm. What is the **most** important action by the nurse.

1. Administer acetaminophen for pain as prescribed.
2. Lower the arm below the level of the heart.
3. Immediately report the symptoms to the HCP.
4. Alternate heat and cold therapy for symptoms.

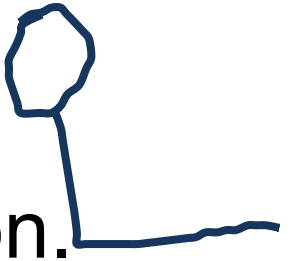
13. The client with an open fracture is at risk for developing osteomyelitis. Which classic symptoms would the nurse assess for to detect development of this complication? **Select all that apply**.

1. Increased pain at the fracture site
2. Elevated temperature
3. Acute respiratory distress
4. Shortening of the affected extremity
5. Increased swelling at the fracture site

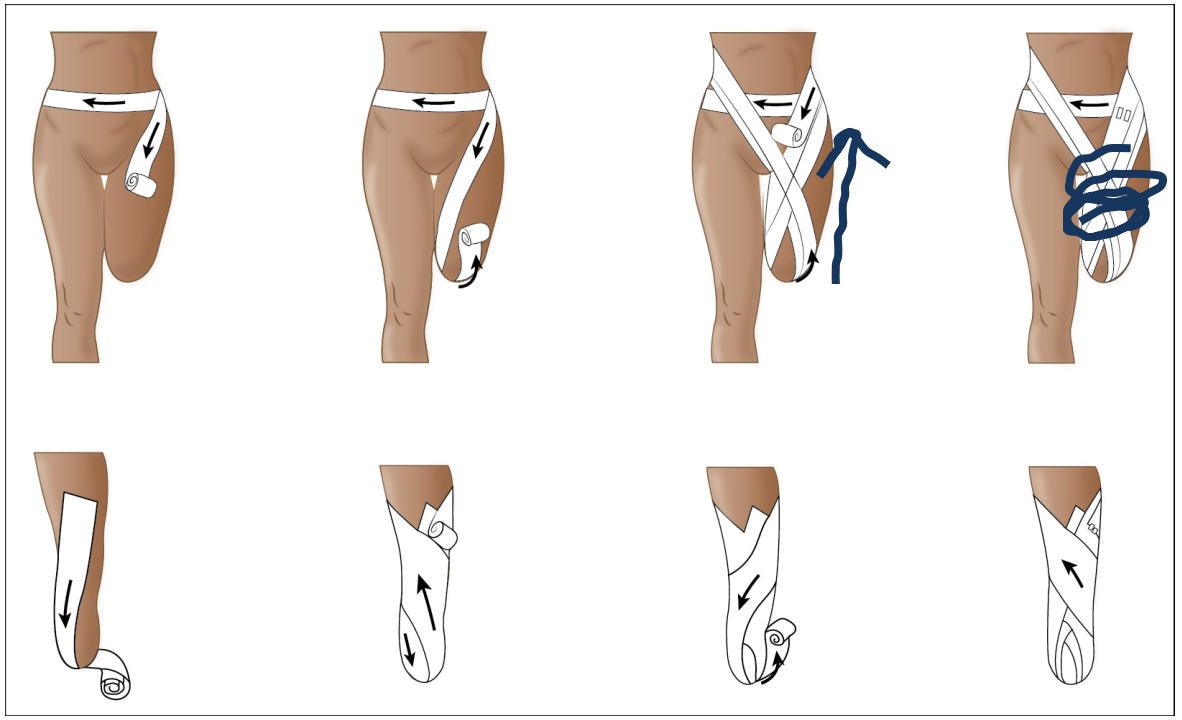
Laminectomy



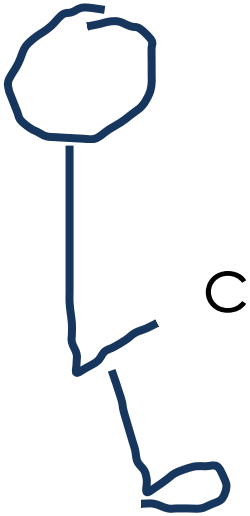
14. The nurse is assigned to the care of a client who underwent a lumbar laminectomy. Allowing which activity would be appropriate 4 hours post-operatively?



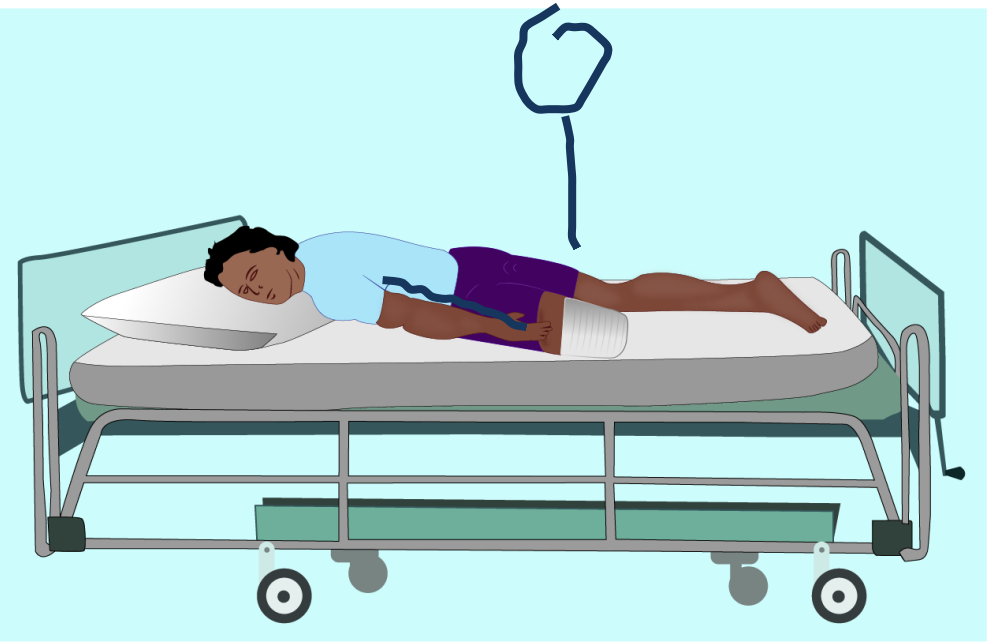
1. Sitting up in a chair to watch television.
2. Sitting at the side of the bed.
3. Lying in bed in a straight alignment with the head of the bed flat.
4. Using the side-rails for support to get out of bed.



Stump wrapping



Prevent contractures

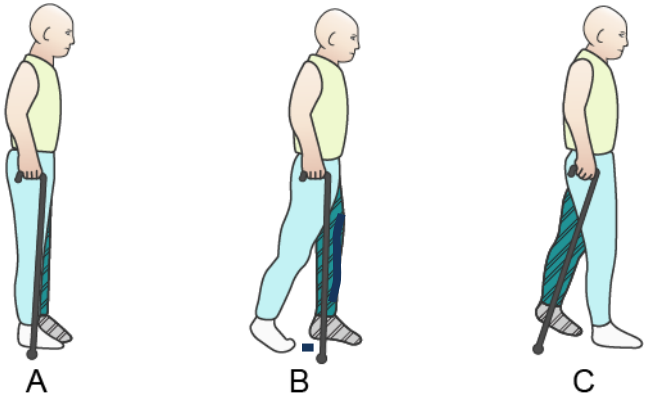


15. The client who is two days post op with a lower leg amputation has edema, so the UAP elevates the client's residual left limb on pillows. What is the **most** appropriate action by the nurse when observing that the client's leg has been elevated?

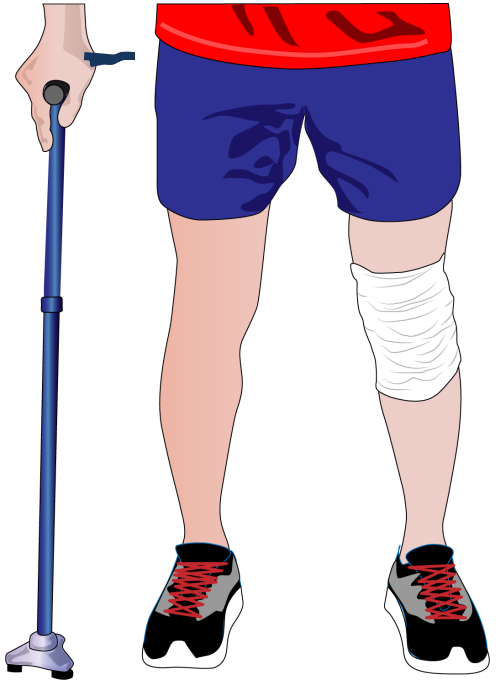
1. Thank the UAP for being so observant and intervening appropriately to treat the client's edema of the residual limb.
2. Remove the pillows, raise the foot of the bed, and inform the UAP that the limb should not be elevated on pillows because it could cause a flexion contracture.
3. Inform the UAP that this was the correct action at this time in the client's recovery, but once the incision heals, the leg should not be elevated.
4. Report the incident to the surgeon and tell the UAP to complete a variance report because the client's leg should not have been elevated.

Canes

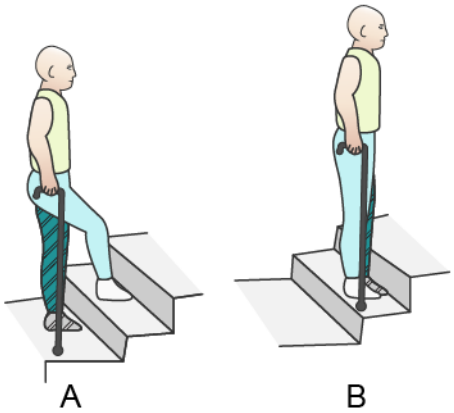
The shaded leg is the weak leg



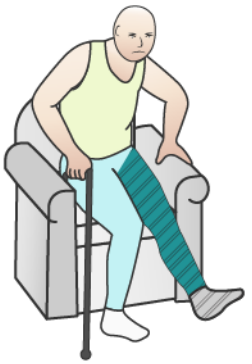
Walking with the cane



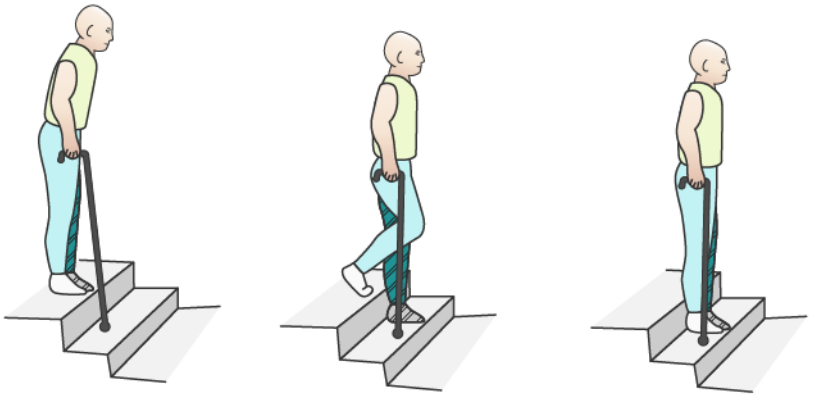
The shaded leg is the weaker leg



Going upstairs



Getting out of the chair

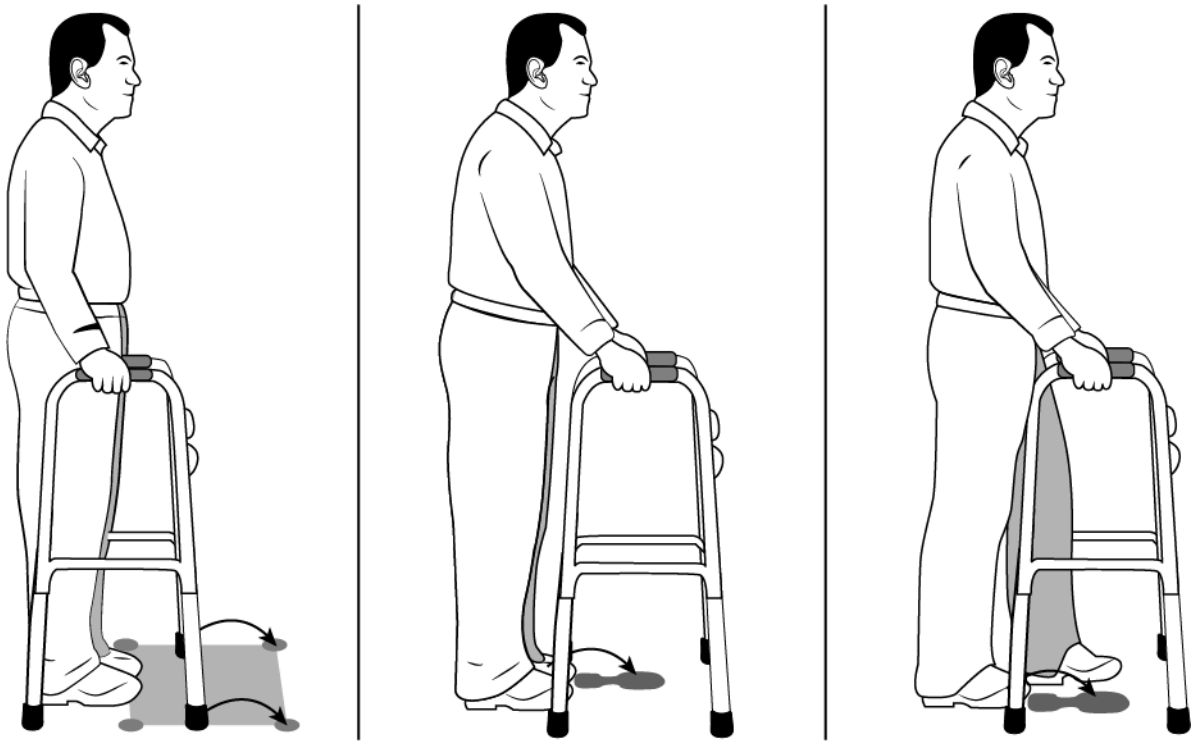


Going downstairs

16. The nurse is teaching a client the use of a cane for left sided weakness. The client needs **further** teaching when the nurse notices which client action?

1. The client holds the cane on the left side.
2. The client moves the cane at the same time as the injured leg.
3. The client holds the cane at about 5 inches (13 cm) away from the foot.
4. The cane is moved forward the length of one average step.

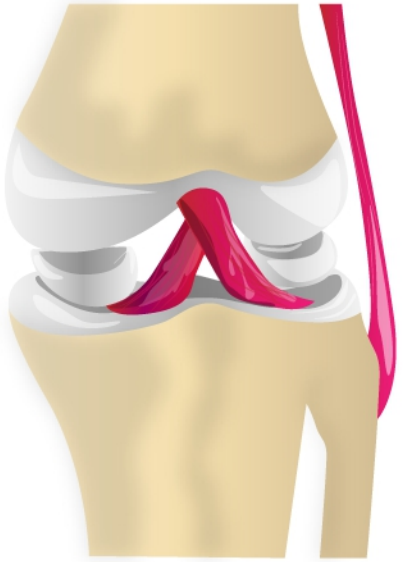
Walker



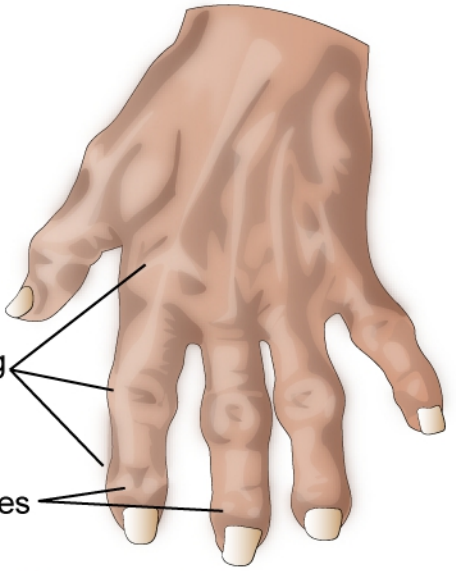
The shaded leg is the weak leg

17. The nurse is teaching a client the correct way to use a walker. Which action shows correct use?

1. The client leans on the walker when getting up from a chair.
2. The client lifts the walker up and takes several, small steps forward.
3. The client's elbows are bent to 90 degrees.
4. The client moves the walker forward, then the weak leg, then the unaffected leg.

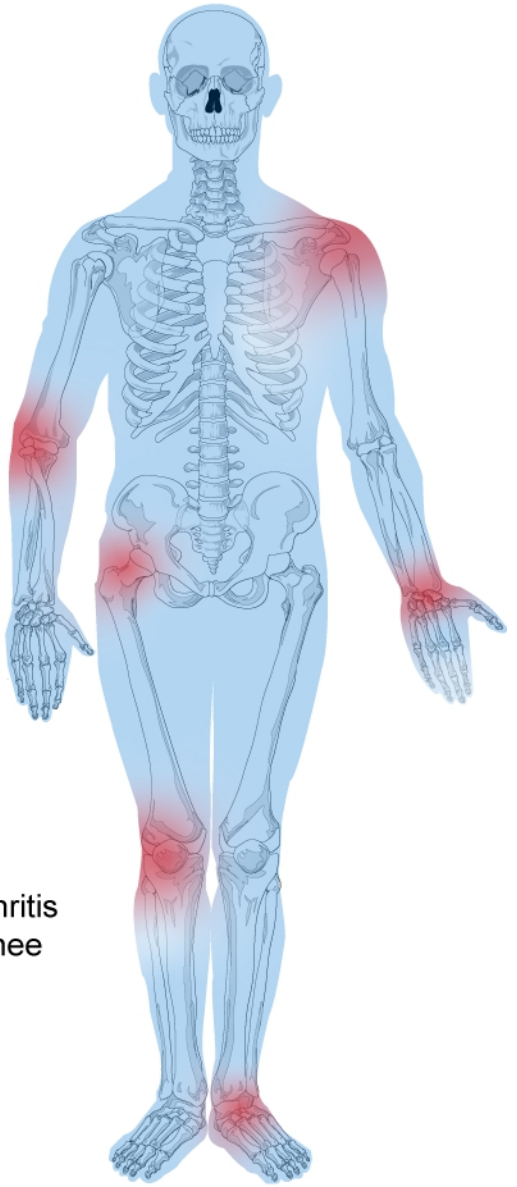


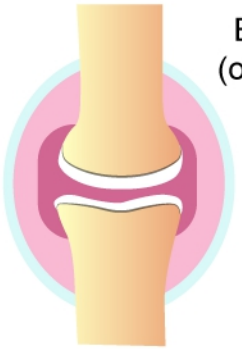
Osteoarthritis
(late stage)



Fusiform swelling
of joints

Heberden's nodes



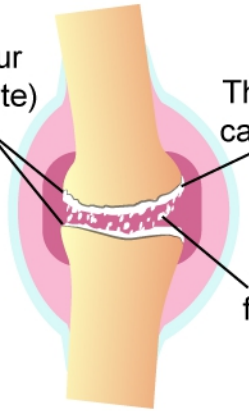


Normal joint

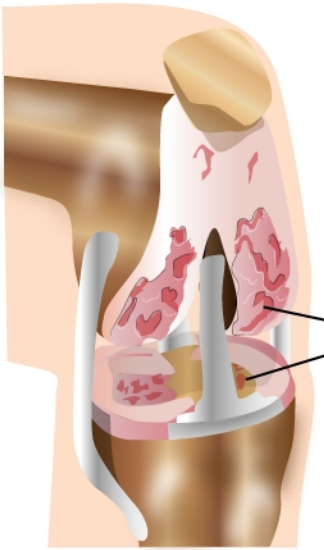
Bone spur
(osteophyte)

Thinned
cartilage

Cartilage
fragments



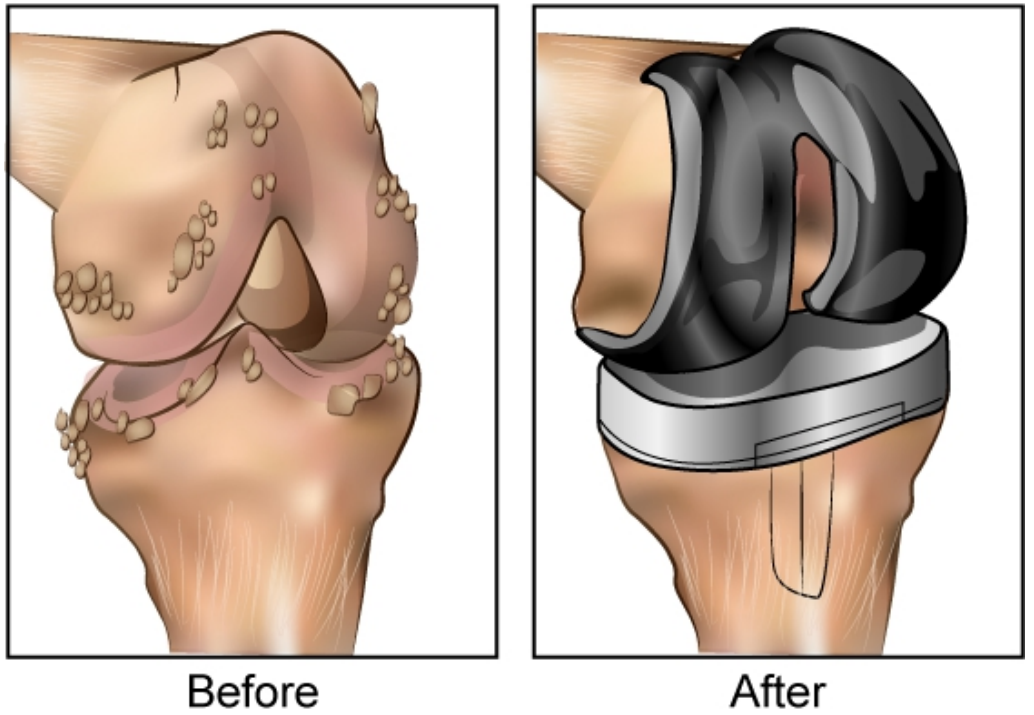
Joint affected by
osteoarthritis



Osteoarthritis
of the knee

Osteoarthritis

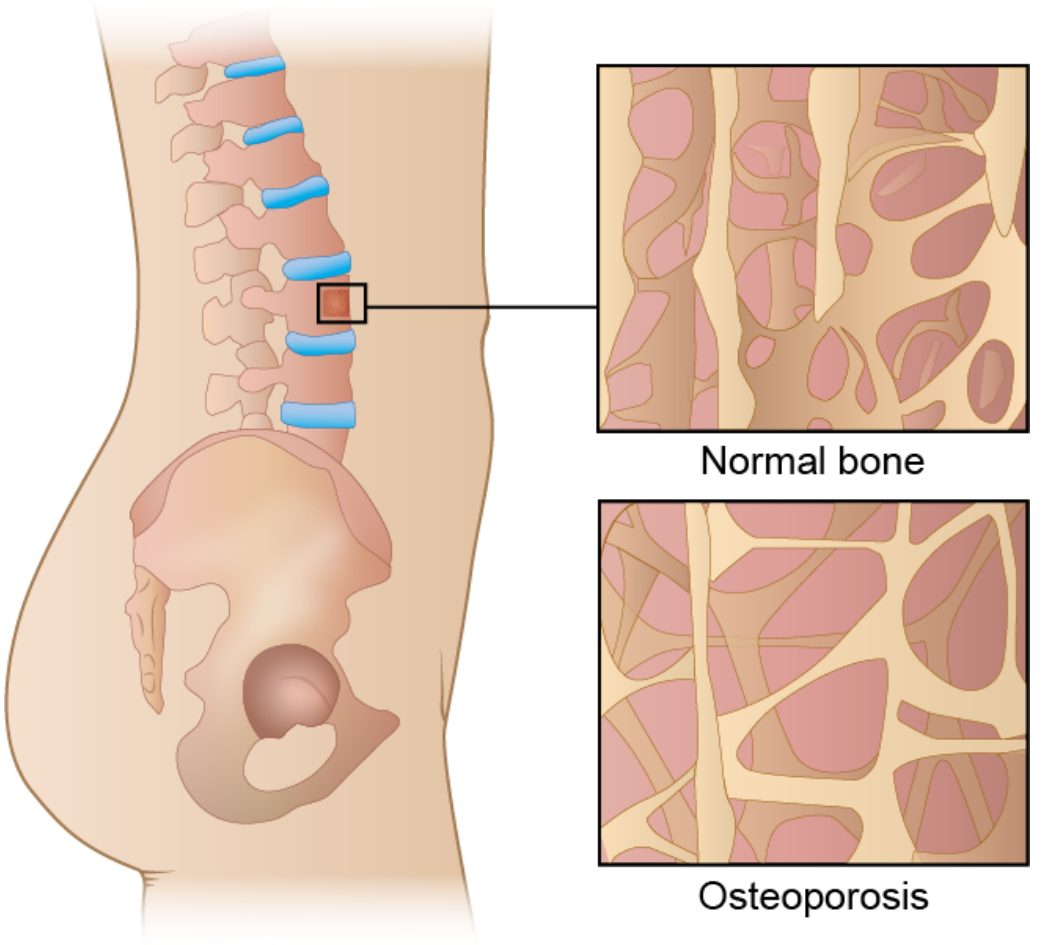
Arthroplasty



Before

After

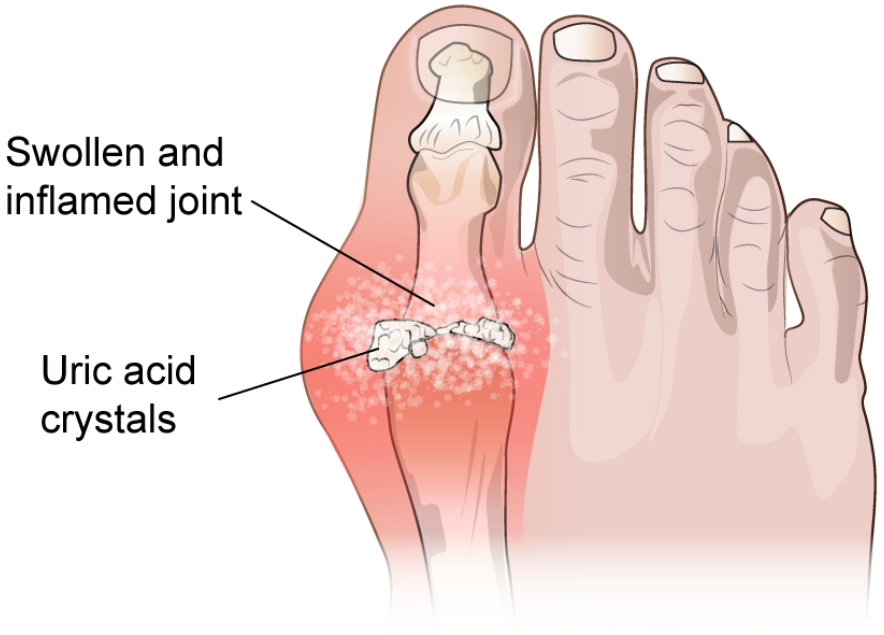
Osteoporosis



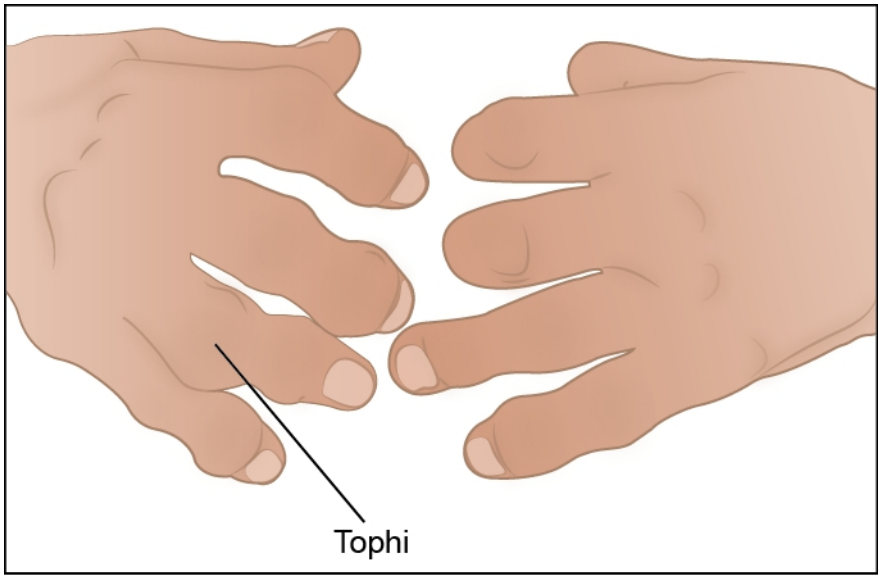
19. The nurse is teaching a class on primary prevention of osteoporosis. What is the **most** important information for the nurse to provide?

1. Maintain the optimal calcium intake.
2. Place items within reach of the client.
3. Install bars in the bathroom to prevent falls.
4. Use a professional home alert system in case of falls when alone.

Gout



Tophi



22. The nurse starting the shift is determining priorities for the day. Prioritize in order that the nurse should plan to asses four clients.

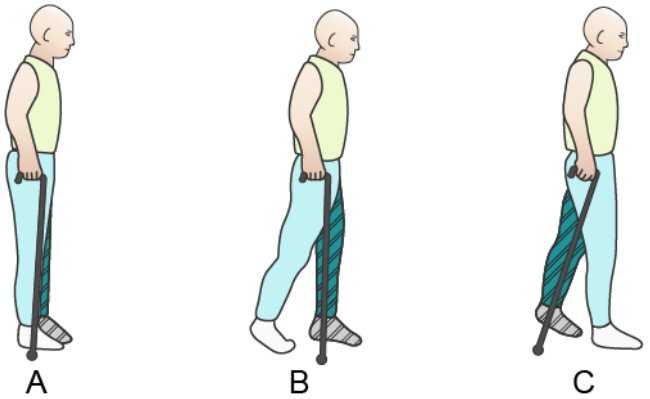
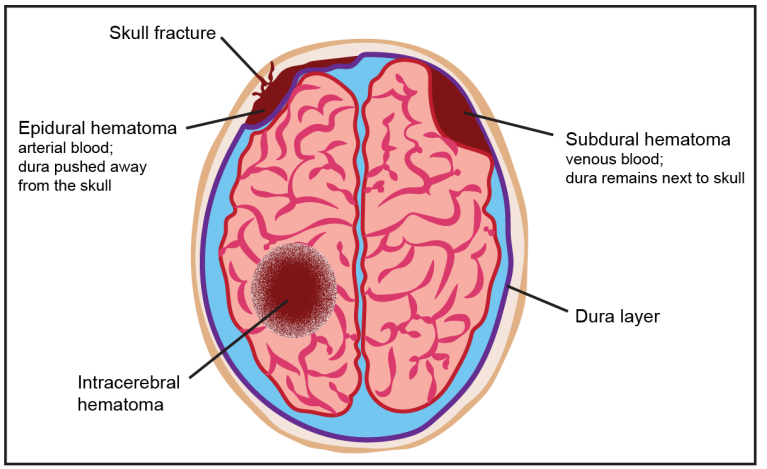
1. Client who had a left BKA and has left foot pain of 6 on a 0 to 10 scale.
2. Client who has a right lower leg cast whose right foot is cold to the touch.
3. Client who had a THR and 200-mL wound drain output during the past 8 hours.
4. Client who had spinal fusion and has not voided since the urinary catheter removal 4 hours ago.

The NCLEX Tutor
KoaPine Tutoring & Test Prep

Next time: Neuro

Questions?

The shaded leg is the weak leg



Walking with the cane