Arthroplasty Update: A Review of Total Joints
Presented by Dottie Roberts, MSN, MACI, RN, CMSRN, OCNS-C, CNE
During the 2015 Annual Convention

Summary: Patients undergo total joint arthroplasty as a treatment for osteoarthritis or osteoporosis. Nurses must be familiar with the type of procedure, including the patient's weight-bearing restrictions, in order to provide safe, appropriate care and assess for potential complications. Procedures may include total joint arthroplasty (hip, knee, ankle, shoulder), resurfacing arthroplasty, or hip hemiarthroplasty.

Nursing Implications:
• If conservative treatment for osteoarthritis is ineffective, surgical intervention is the only remaining treatment option.
• Patients with osteoporosis often do not receive a diagnosis until they experience a fracture. Hip fracture is a common fragility fracture experienced by patients with osteoporosis.
• Nurses play a critical role in managing pain following surgical intervention for osteoarthritis or osteoporosis.
• Nurses also help patients avoid postoperative complications through knowledge of risk factors and regular assessment.
• Nurses are critical partners in patients' rehabilitation, coaching on the use of assistive devices.

Key Takeaways:
• Know the surgical approach for total hip arthroplasty (posterior or anterior) to determine appropriate precautions against prosthesis dislocation.
• Differentiate weight-bearing restrictions based on the use of cemented vs. noncemented prostheses.
• Be knowledgeable concerning use of rehabilitative aids (e.g., walker, shoulder immobilizer).
• Perform regular neurovascular assessments after surgery and immediately act on abnormal findings. This may require prompt interventions, such as loosening a tight dressing or calling a surgeon because of new complaints of paresthesia.
• Use a multi-modal approach to effectively manage the patient's postoperative pain.
• Recognize the patient's risk for complications and assess regularly for evidence of venous thromboembolism, compartment syndrome, and infection.

Link: http://www.prolibraries.com/amsn/?select=session&sessionId=1091