Module E-2: Application of the Nursing Process in Caring for Adult Patients with Common Health Problems of the Musculoskeletal System

1. Statement of Purpose

Problems of the musculoskeletal system are generally not life-threatening, but they have a significant impact on one's productivity and economic status. The occurrence of musculoskeletal problems is common, affect all age groups, and are encountered by the nurse practicing in any field. This module presents emphasis on adult health problems of the musculoskeletal system, nursing measures to ensure the patient's general health, and specific nursing measures to manage the patient's needs and prevent problems related to immobility. The psychological and socioeconomic impact of the problem causes a variety of reactions. The nurse must assist the patient in coping with the problems associated with musculoskeletal dysfunction and related therapies.

2. Terminology

- Rheumatoid Arthritis
- Raynaud's Phenomenon
- Rheumatoid Granulomas
- Arthrodesis
- Arthroscopy
- Bursitis
- Tenosynovitis
- Carpal Tunnel Syndrome
- Osteomalacia
- Multiple Myeloma
- Osteoporosis
- Osteoarthritis
- Arthroplasty
- Crepitus
- Muscle Spasm
- Fat Embolism
- Phantom Limb Sensations
- Amputation
- Dislocation
- Contusion
- Sprain
- Strain
- Shrink Bandage
- Osteosarcoma
- Endoprosthesis
- Gout

3. Classroom Objectives

3.1

a. Describe the physiology of bone healing.
b. Discuss common musculoskeletal disorders involving trauma, infection, inflammation, neoplasia and structural abnormalities.
c. Plan nursing care for a patient with a musculoskeletal problem.
   Include:
1) Pathophysiology
2) Diagnostic tests
3) Pharmacologic agents
4) Nutritional requirements
5) Teaching/learning needs
6) Nursing interventions
7) Growth and developmental needs
8) Coping mechanisms
9) Legal/ethical issues
10) Cultural aspects
11) Psychosocial needs