

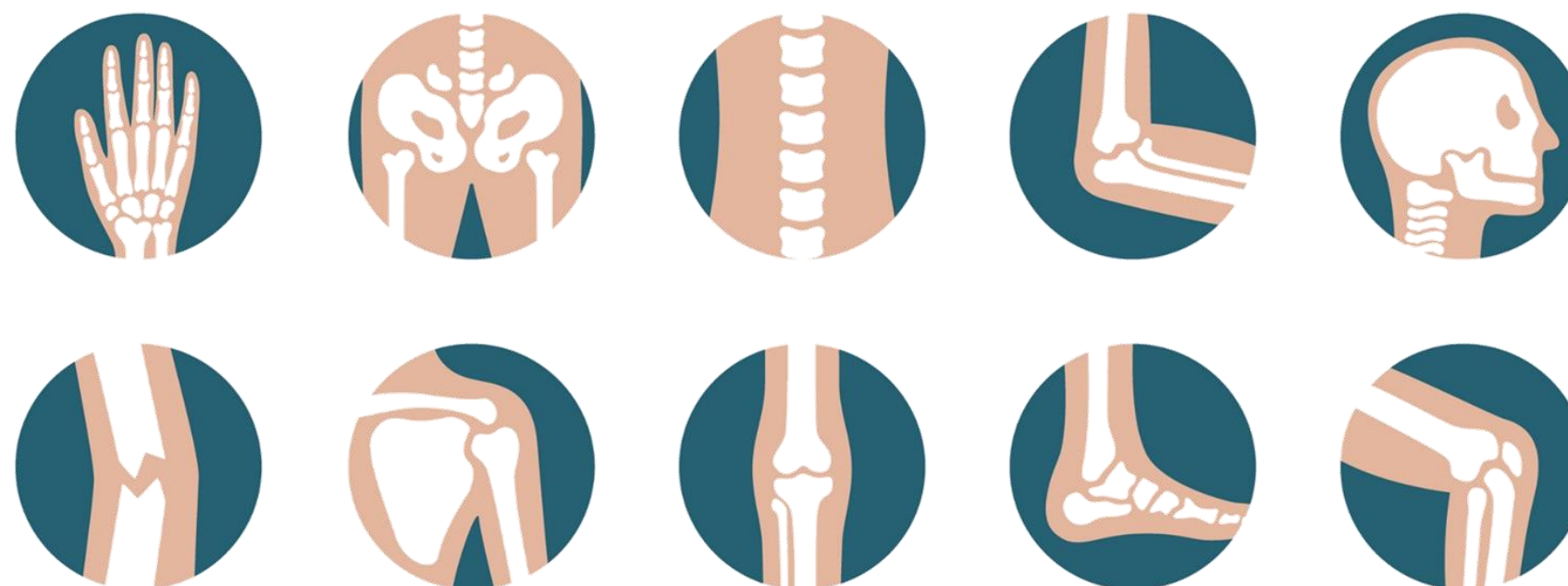
Care of the Joint Patient

©2021, Atlantic Health System, Inc.

Residents That Have Joint Surgery Need Special Care

The care they require is:

1. Pain control
2. Wound assessment for possible infection
3. Precautions with joint(s) that had surgery
4. Monitoring for Urinary Tract Infection
5. Circulation checks
6. Precautions against Post-operative pneumonia



Pain Control

- The most important part of rehabilitation of a resident that has had joint surgery is physical therapy.
- Pain can prevent the resident from doing their best.
- Pain medications should be given when the resident says they have pain.
 - ✓ Start with the non-narcotic first and if no relief follow the doctor's orders

Ask your resident the following questions:

1. On a scale of 1-10 what is your pain?
2. What kind of pain do you have? (throbbing, burning, shooting, dull)
3. Does it change at times?
4. What makes it worse? What makes it better?

Wound Assessment for Possible Infection

- Depending on the site of the surgery, the wound maybe small of large.
- **All wounds need to be looked at for:**
 1. Redness
 2. Warmth
 3. Swelling
 4. Fluid coming out of wound
 5. Smell

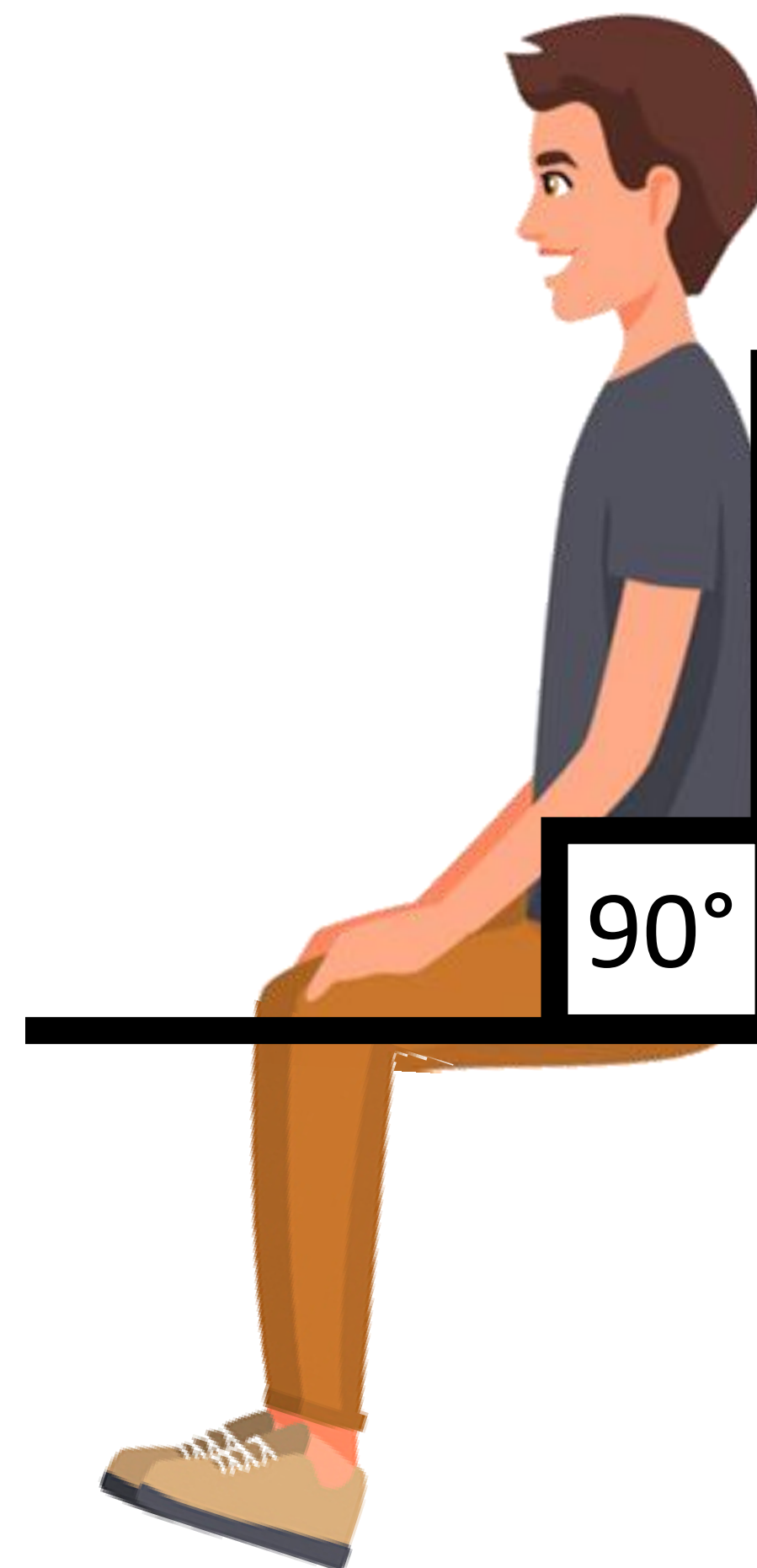
If your resident's wound has any of these, call the nurse or doctor.

Precautions of Hip Surgery

- Many residents that have hip surgery are told to maintain hip precautions.
- **What are hip precautions?**
 1. Don't allow them to cross their legs at the ankles or knees.
 2. Don't allow them to twist their leg or turn foot inward.
 3. Don't allow their hips to bend more than 90 degrees.

What is 90 degrees?

- 90 degrees is when you look at the resident and their knees and hips are at the same level.



Urinary Tract Infections

- During surgery it is common for the surgeon to have a catheter inserted into the resident during surgery.
- Many residents after hip surgery are at risk for urinary tract infections.
- **What should you do to help prevent urinary tract infections?**
 1. Encourage your resident to drink plenty of fluids
 2. Don't allow them to sit in urine or stool-soiled clothing or briefs
 3. Wipe all female residents from their front to their back
 - This helps prevent the bacteria from the stool from going into their bladder.
 4. Ask residents if it hurts to pee or if it burns to pee.
 5. Report to nurse or doctor if urine smells bad or there is pain or burning while peeing.

Circulation Checks

- After knee or hip surgery, blood flow to the foot can be damaged.
- Once a shift, check to make sure that the blood flow is good in the leg that had the surgery.

To do this:

1. Pinch the toes to see if they turn color - this is good.
2. Note the warmth and color of the toes – they should be warm.
3. Check the pulse in the foot.
4. Look for swelling in the leg.
5. Feel the whole leg to make sure it is warm.
6. If resident complains of pain in the calf or knee, tell nurse or doctor right away.

Post-Operative Pneumonia

- Your resident may have had anesthesia that they had to inhale. This can lead to pneumonia.
- To prevent this, have your resident:
 1. Take good deep breaths, allowing air to enter all spaces of the lung.
 2. Use the incentive spirometer 10 times an hour while awake.
 3. Cough and breathe deeply while sitting upright in a chair.
 4. Encourage resident to move around and stay out of bed.
 5. Eat all meals in a chair.



Care of the Joint Patient - Quiz

- 1) Pain can prevent the resident from doing therapy:
A. True B. False

2. Wounds should be looked at for:
A. Redness
B. Warmth
C. Smell
D. All the above

- 3) Residents that had hip surgery can get Urinary Tract Infections easily. In order to prevent a female from getting a Urinary Tract Infection I should always wipe my resident from the back to the front.
A. True B. False

Care of the Joint Patient – Quiz, Part 2

- 4) To make sure the blood flow to the foot of the leg that had surgery is good, I should:
- A. Feel if the foot is warm
 - B. Squeeze toes to see if they change color
 - C. Look for swelling
 - D. All the above
- 5) I should always make sure my resident is sitting at a 90-degree angle.
- A. True
 - B. False
- 6) To prevent pneumonia in my resident, I should encourage the resident to take deep breaths and eat all meals in a chair.
- A. True
 - B. False

Answers

1. **True** - Pain can prevent a resident from doing therapy.
2. **D** - All the above
3. **False** - Never wipe a female resident from the back to the front. This makes the bacteria from their stool go into their bladder.
4. **D** - All the above.
5. **True** - 90-degree angle is the correct position for a resident to sit.
6. **True**. This allows the lungs to expand as big as they can.



Certificate of Completion

TO

FOR COMPETENCY IN CARE OF THE JOINT PATIENT

SIGNED BY

DATE