

H: Orthopedic Nursing

Major Competency Area: **H**
Orthopedic Nursing

Priority: **One**

Competency: **H-1**
Knowledge of Orthopedic Nursing

Date: September 1, 2005

A Licensed Practical Nurse will:

H-1-1 Demonstrate knowledge of human anatomy and physiology, specifically the musculoskeletal, nervous, and cardiovascular systems.

H-1-2 Demonstrate knowledge of common musculoskeletal disorders:

- arthritis
- degenerative disorders
- dislocations
- fractures
- osteomyelitis
- osteoporosis
- compartment syndrome
- soft tissue injuries / multiple system injuries / trauma.

H-1-3 Demonstrate ability to assess the musculoskeletal system and to differentiate normal and abnormal findings.

H-1-4 Demonstrate ability to provide nursing interventions to meet needs of client with common musculoskeletal disorders:

- physical mobility and ambulation
- pain management
- nutritional needs
- protective devices.

H-1-5 Demonstrate ability to teach client and family regarding use of ambulatory and immobilization aids such as:

- canes
- crutch walking
- mechanical lifts
- use of braces and splints
- wheelchairs / walkers.

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Competency: **H-2**
Cast Care

Date: September 1, 2005

A Licensed Practical Nurse will:

- H-2-1 Demonstrate knowledge of the pathophysiology of fractures, manifestations, and medical management.**
- H-2-2 Demonstrate knowledge and ability to care for clients with a variety of casts.**
- H-2-3 Demonstrate ability to assess client with a cast:**
- bleeding
 - cast drying
 - complications i.e., compartment syndrome, compression syndrome, infection
 - edema
 - external fixators
 - neurovascular status
 - pain.
- H-2-4 Demonstrate ability to cut cast as ordered by physician:**
- bivalving
 - trimming
 - removing
 - windowing
 - univalving
 - follow-up care.
- H-2-5 Demonstrate ability to teach client and family regarding cast care and observation for complications.**
- H-2-6 Demonstrate ability to document and report the assessment, location and type of cast, special procedures, and findings.**

Competency: **H-2**

Cast Care

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A Licensed Practical Nurse will:

- H-2-7 Demonstrate ability to describe common orthopedic diagnostic tests and nursing implications such as:**
- arthrogram
 - bone scan
 - computed axial tomography (CAT or CT scan)
 - magnetic resonance imaging (MRI)
 - myelogram
 - tomogram
 - X-ray.
- H-2-8 Demonstrate knowledge and ability to teach client and family about the diagnostic tests, procedures, and follow-up necessary as per agency policy.**

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Competency: **H-3**
Traction and External Fixators

Date: September 1, 2005

A Licensed Practical Nurse will:

- H-3-1 Demonstrate knowledge of the purposes and safe care of the common methods of traction / external fixators such as:**
- manual
 - skeletal
 - skin.
- H-3-2 Demonstrate knowledge and application of the principles of traction.**
- H-3-3 Demonstrate the knowledge and ability to apply a variety of traction using proper equipment and techniques.**
- H-3-4 Demonstrate ability to assess the client in traction / external fixators and provide appropriate care and nursing interventions.**
- H-3-5 Demonstrate ability to teach client and family regarding traction / external fixators and safety precautions.**

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Competency: **H-4**
Splints and Braces

Date: September 1, 2005

A Licensed Practical Nurse will:

- H-4-1 Demonstrate knowledge and ability to use the common types of splints and braces.**
- H-4-2 Demonstrate ability to assess client in splint or brace and provide appropriate nursing care and interventions:**
- altered physiological needs
 - comfort measures
 - neurovascular status
 - noncompliance
 - pain
 - presence of contracture
 - range of motion and exercises
 - skin integrity.
- H-4-3 Demonstrate ability to teach client and family regarding the care, application, and complications of splints and braces.**