

Y: Orthopedic Specialty

Major Competency Area: **Y**
Orthopedic Specialty

Competency: **Y-1**
Self-Regulation and Accountability

Date: June 1, 2015

A Licensed Practical Nurse will:

Y-1-1 Demonstrate knowledge and understanding of the orthopedic restricted activity in the Health Professions Act Licensed Practical Nurse (LPN) Regulation (2013).

Y-1-2 Demonstrate knowledge and ability to provide specialized orthopedic nursing care in accordance with professional Legislation, Regulation, Standards and Guidelines.

Note: LPNs who practice the Orthopedic Specialty complete advanced specialized education approved by the College of Licensed Practical Nurses of Alberta.

Major Competency Area: **Y**
Orthopedic Specialty

Competency: **Y-2**
**Specialized Orthopedic
Knowledge and Application**

Date: June 1, 2015

A Licensed Practical Nurse will:

Y-2-1 Demonstrate knowledge and ability to apply critical thinking and critical inquiry throughout the nursing process related to orthopedic nursing specialty.

Y-2-2 Demonstrate advanced knowledge of human anatomy and physiology related to pediatric and adult orthopedic care including:

- associated terminology
- body systems
- body planes and directions
- range of motion/limb positioning

Y-2-3 Demonstrate knowledge of musculoskeletal conditions and treatment associated with:

- arthritis:
 - rheumatoid
 - osteo/degenerative
 - gout
 - psoriatic
 - lupus
 - septic
 - juvenile
- inflammation
 - ankylosing spondylitis/spondyloarthrosis
 - bursitis
 - cellulitis
 - epicondylitis
 - myositis (muscle)
 - osteomyelitis/ostitis
 - synovitis
 - tendonitis/tenosynovitis
- infection
 - skin and soft tissue
 - bone (osteomyelitis)
 - joint (septic arthritis)

A Licensed Practical Nurse will:

Y-2-3 Demonstrate knowledge of musculoskeletal conditions and treatment associated with: (cont'd)

- soft tissue injury
 - contusion
 - repetitive injury
 - strain/sprain
- tears
 - ligamentous
 - labral
 - tendinous
 - fibrocartilaginous (such as menisci, disc)
- trauma:
 - bone healing
 - compartment syndrome
 - dislocations
 - fat or pulmonary embolism
 - fractures
 - growth plate injury
- other
 - amputation
 - osteoporosis
 - congenital disorders
 - kyphosis/scoliosis
 - contractures/deformities
 - growths/tumors
 - Guillain Barre Syndrome
 - Charcots Foot

Y-2-4 Demonstrate knowledge and ability to perform a comprehensive ongoing assessment of pediatric and adult orthopedic client throughout care.

Y-2-5 Demonstrate knowledge and ability to manage complications associated with immobility and ambulation related to care of orthopedic client.

Y-2-6 Demonstrate knowledge and ability to use a goniometer to access initial and subsequent range of motion related to musculoskeletal injury and recovery process.

A Licensed Practical Nurse will:

Y-2-7 Demonstrate ability to distinguish between a variety of x-ray views including:

- posteroanterior (PA)
- anteroposterial (AP)
- axillary
- lateral
- medial
- mandibular
- panorex (panoramic)
- oblique
- transverse
- tunnel

Y-2-8 Demonstrate knowledge and ability to communicate, consult and collaborate with inter-professional team.

Y-2-9 Demonstrate knowledge and ability to provide health teaching and coaching associated with orthopedic specialty.

Major Competency Area: **Y**
Orthopedic Specialty

Competency: **Y-3**
Treatments and Interventions

Date: June 1, 2015

A Licensed Practical Nurse will:

Y-3-1 Demonstrate knowledge and ability to assemble, apply or assist in application and removal of orthopedic devices according to agency policy including:

- compression wrap
 - Tensor bandage
 - Tubigrip
 - elastic support stockings
- slings and immobilizers
 - acromioclavicular harness
 - clavicular strap
 - collar and cuff sling
- braces and splints
 - cervical (soft and rigid)
 - humeral
 - wrist/hand
 - knee
 - spinal
 - pelvic (Plavik harness)
 - femoral/tibial
 - foot/ ankle
- traction
 - skin and skeletal
 - balanced suspension traction
 - Balkan frame
 - Bryant or Gallows traction
 - Bucks
 - Gardner Wells tongs
 - Kirschner wires
 - Steinmen pin

A Licensed Practical Nurse will:

- Y-3-2 Demonstrate knowledge of cast and splint construction, application, care and removal related to:**
- above and below elbow
 - above and below knee – weight bearing/non-weight bearing
 - back slabs
 - cylinder casts
 - functional cast therapy
 - gutter splints
 - hip spica
 - patella tendon bearing
 - plaster/fiberglass casts
 - sugar tong splint
 - total contact casting
 - volar slabs
 - waterproof casting
 - wedging

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