

# Orthopedic Nursing: Basics for Effective Patient Care



## Course Description

The purpose of this program is to enable the learner/nurse/orthopedic patient care provider to gain an introduction to the specialty of orthopedic nursing, which includes the study of the care of patients experiencing orthopedic trauma, fractures, total joint arthroplasty, spinal surgery or orthopedic complications. Participants will be able to identify the essential components of a thorough orthopedic-focused assessment for early recognition of complications, describe the breadth of orthopedic injuries and conditions, determine safe patient positioning and mobilization and define essential components for effective orthopedic patient education to achieve positive patient outcomes. The full-day course content is based on national orthopedic nursing practice standards and patient teaching implications.

## Program Learning Outcomes

*This program prepares the learner to:*

- Through a comprehensive review of basic orthopedic patient-centered care, have the foundation for provision of safe and effective patient care and state confidence in the promotion of positive orthopedic patient outcomes.

## Agenda

*Sign-in begins at 7:30 am.* The day includes a one-hour lunch (on your own), as well as a morning and afternoon break of 15 minutes each. The order of lectures presented and break times may vary according to speaker preference.

### 8:00 am to 5:00 pm

- 0800 **Welcome, Review and Overview of Subspecialties**
- 0810 **Basic Principles of Musculoskeletal System and Nursing Focus in Orthopedic History**  
Structures | Growth, Metabolism | Aging | Culture, Dietary Considerations | Basic Nursing Principles
- 1000 **Break**
- 1015 **Orthopedic Priorities of Care**  
Tendinitis, Carpel Tunnel Syndrome | Hallux Valgus, Digit Contractures | Cerebral Palsy, Multiple Sclerosis | Osteosarcoma, Multiple Myeloma | Joints and Mobility | Degenerative Joint Diseases | Metabolic Bone Diseases | Pediatric Conditions
- 1115 **Orthopedic Trauma and Fractures**  
Strains, Strains, Subluxation, Dislocation | Causes and Classification of Fractures | Bone Healing | Priorities and Key Assessments | Fracture Management | Cast Care | Traction | Transfers/Mobility | Equipment
- 1230 **Lunch**
- 1330 **Orthopedic Trauma and Fractures (cont.)**
- 1415 **Benefits of Total Joint Arthroplasty**  
Priorities | Hip | Knee | Other Procedures | Venous Thromboembolism Threat | New Technologies
- 1450 **Amputation**  
Causes | Level | Patient Care

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- 1505 **Break**
- 1520 **Spinal Surgery**  
Case Study | Diagnostic Tests | Care | Decision Making | Priorities | Instrumentation | Monitoring
- 1605 **Complications**  
Signs/Symptoms | Tests | Strategies | Nursing Implications
- 1655 **Resources for Professional Advancement**  
National Association of Orthopaedic Nurses | Orthopaedic Nurses Certification Board | Practice Questions
- 1700 **Adjourn**

## Accreditation

**RN/LPN/LVN/Other: 7.5 Contact Hours**

***Includes 1 Pharmacology Contact Hour***

MED-ED, Inc is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

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If your profession is not listed, we suggest contacting your board to determine your continuing education requirements and ask about reciprocal approval. Many boards will approve this seminar based on the accreditation of the boards listed here.



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