

# ORTH - Orthopedics

## ORTH-AP ANATOMY AND PHYSIOLOGY

**OUTCOME:** The patient/family will have a basic understanding of the anatomy and physiology as it relates to the disease state or condition.

### STANDARDS:

1. Explain the normal anatomy and physiology of the body part affected.
2. Discuss the changes to the anatomy and physiology as a result of this condition and/or injury as applicable.
3. Discuss the impact of these changes on the patient's health, well-being, and/or mobility.

## ORTH-C COMPLICATIONS

**OUTCOME:** The patient/family will understand the complications of orthopedic conditions and/or procedures.

### STANDARDS:

1. Explain that failure to fully participate in the prescribed therapy may result in a deficit in function of the limb or body part involved.
2. Discuss common and important complications associated with this illness, injury, or condition.

## ORTH-DP DISEASE PROCESS

**OUTCOME:** The patient/family will understand the current knowledge regarding the patient's orthopedic condition and symptoms.

### STANDARDS:

1. Explain that an orthopedic condition involves the bones and/or joints. Describe the specific condition.
2. Discuss the current information regarding causative factors and pathophysiology of this disease state/condition.
3. Discuss the signs/symptoms and usual progression of this disease state/condition.
4. Discuss the signs/symptoms of exacerbation/worsening of this disease state/condition.

## **ORTH-EQ    EQUIPMENT**

**OUTCOME:** The patient/family/caregiver will understand and demonstrate (when appropriate) the proper use and care of assisted medical devices/equipment for orthopedics.

### **STANDARDS:**

1. Discuss the indications for and benefits of the prescribed medical equipment.
2. Discuss the types and the features of the assisted medical devices/equipment as appropriate.
3. Discuss and/or demonstrate the proper use, care, and cleaning of assisted medical devices/equipment.
4. Explain that the patient/family/caregiver will demonstrate the proper use of the assisted medical devices/equipment.
5. Discuss the signs of assisted medical devices/equipment malfunction and the proper action in case of malfunction as appropriate.

## **ORTH-FU    FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of orthopedic conditions.

### **STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

## **ORTH-L     LITERATURE**

**OUTCOME:** The patient/family will receive literature regarding the specific type of orthopedic condition/injury and its treatment.

### **STANDARDS:**

1. Provide the patient/family with literature on the specific type of orthopedic condition/injury and its treatment.
2. Discuss the content of the literature.

## **ORTH-M MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **ORTH-MNT MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **ORTH-N NUTRITION**

**OUTCOME:** The patient/family will understand the role that nutrition plays in treating orthopedic conditions or injuries.

**STANDARDS:**

1. Explain that diet can be a contributing factor in the disease process, such as vitamin or mineral deficiencies. Refer to a registered dietitian as appropriate.
2. Explain that diet alone cannot usually treat orthopedic conditions.
3. Encourage the patient to include foods rich in calcium, such as dairy products.

**ORTH-P PREVENTION**

**OUTCOME:** The patient/family will understand that healthy lifestyle behaviors can reduce the risk of developing diseases, conditions, injuries, and complications.

**STANDARDS:**

1. List lifestyle habits that increase the risk for the onset, progression, or spread of the specific orthopedic condition or predispose to injury.
2. Identify behaviors that reduce the risk for the onset, progression, or spread of the specific orthopedic condition or predispose to injury.
3. Assist the patient in developing a plan for prevention of orthopedic conditions and/or injuries.

**ORTH-PM PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand the plan for pain management and the importance of fully participating in the plan.

**STANDARDS:**

1. Explain the pain scale and how it is used to assess the degree of pain individuals are experiencing. Discuss its use in developing a plan to manage pain.
2. Discuss with the patient/family the risks and benefits of noninvasive and alternative pain relief measures, e.g., medications, TENS units, heat, cold, massage, meditation, imagery, acupuncture, healing touch, traditional healer, hypnosis.
3. Discuss with the patient/family the possible appropriate procedural or operative pain management techniques, e.g., nerve block, intrathecal narcotics, local anesthesia.

**ORTH-PRO PROCEDURES**

**OUTCOME:** The patient/family will understand the proposed procedure(s), as well as, the risks, benefits, alternatives to the proposed procedure(s) and associated factors affecting the patient.

**STANDARDS:**

1. Explain the specific procedure(s) to be performed, including the risks and benefits of performing the procedure and the adverse events that might result from refusal of the procedure.
2. Explain that before the procedure begins, the patient may be asked to participate in marking the location of the procedure.
3. Discuss alternatives to the proposed procedure(s), including expectant management, as appropriate.
4. Discuss the expected involvement in the rehabilitative/recuperative care following the procedure(s).

**ORTH-PT    PHYSICAL THERAPY**

**OUTCOME:** The patient/family will understand the importance of fully participating in a physical therapy plan.

**STANDARDS:**

1. Assist the patient/family with a physical therapy plan indicated for this condition/injury. Explain that this may include visits with the physical therapist as well as home exercises. **Refer to PT.**
2. Explain the benefits, risks, and alternatives to the physical therapy plan.
3. Emphasize that it is the responsibility of the patient to follow the plan.

**ORTH-S    SAFETY**

**OUTCOME:** The patient/family will understand the principles of injury prevention and plan a safe environment.

**STANDARDS:**

1. Assist the family in identifying ways to adapt the home to improve safety and prevent injuries, as appropriate.
2. Discuss injury prevention adaptations appropriate to the patient's age, disease state, or condition, e.g., seat belts, car seats, and obeying the speed limit.
3. Explain that the use of alcohol and/or drugs increases the risk of injury or death, especially when used by someone operating a motor vehicle or other equipment.
4. Identify which community resources promote safety and injury prevention and refer as appropriate.

**ORTH-TE    TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

**STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results

**ORTH-TX TREATMENT**

**OUTCOME:** The patient/family will understand the treatment options that may be used to treat the specific condition or injury.

**STANDARDS:**

1. Explain that the treatment plan will be made by the patient and medical team after reviewing available options. Discuss the importance of fully participating in the treatment plan, including scheduled follow-up and physical therapy.
2. Discuss the treatment plan, including lifestyle adaptations, pharmacologic, surgical, and psychosocial aspects of the treatment plan.

**ORTH-WC WOUND CARE**

**OUTCOME:** The patient/family will understand the importance of wound care and will demonstrate how to perform appropriate wound care as applicable.

**STANDARDS:**

1. Explain the risks and benefits of appropriate wound care and how it relates to the specific condition.
2. Explain how wound care is to be performed; demonstrate as appropriate. Discuss the importance of aseptic technique, appropriate wound care, and proper disposal of soiled wound care items to prevent infection. **Refer to SWI.**