

MUSCULOSKELETAL HOMEWORK

Injury	Description	Nursing Care
Contusion	A soft tissue hematoma (bruise) due to trauma	For the first 12 hours, ice can be applied in 20 minute intervals every 1-2 hours
Sprain	Damage to ligaments in a joint, often due to over-rotation	<p>Rest: avoid activities that cause excessive pain</p> <p>Ice: in 20 minute intervals every 1-2 hours when awake</p> <p>Compression: Apply firm bandage that does not impair circulation</p> <p>Elevation: above the level of the heart if possible</p>
Strain	Damage to muscle tissue, due to trauma	See care of sprain injury
Fracture	A break or disruption in continuity of the bone, due to trauma and may be exacerbated by underlying condition (osteoporosis)	<p>Rest limb as indicted. Support joint above and below fracture site, especially with movement.</p> <p>Monitor for resolution of edema</p> <p>If traction is used assess integrity</p>
Repetitive Use Injury	Injury to the MSK or nervous system from performing repetitive tasks, such as carpal tunnel, tennis elbow	<p>Administer NSAIDs as ordered</p> <p>Rest</p> <p>Physiotherapy may be indicated for splinting, strengthening etc.</p> <p>Massage therapy may help</p>

DESCRIBE THE FOLLOWING CASTS & THEIR PURPOSE

Cast	Description
Arm Cylinder Cast	Cast extends from the upper arm to the wrist. Used after surgery or post dislocation for immobilization of arm.
Leg Cylinder Cast	Cast extends from the mid-thigh to the ankle. Use for some knee fractures, post surgery or dislocation, or occasionally for lower leg fractures.
Long Arm Cast	Cast extends from the humerus to the hand. Used for humerus fractures, elbow fractures, some radius and ulna fractures, as well as post-surgical immobilization.
Long Leg Cast	Cast extends from mid-thigh to the foot. Commonly used for tibial fractures.
Minerva Cast	Cast is applied around the neck and trunk of the body. Used post-surgery for neck and back area.
Short Arm Cast	Cast is applied below the elbow to the hand. Used for wrist, scaphoid, ulnar or radius fractures.
Short Leg Cast	Cast is applied below the knee to the foot, along the tibia/ fibula. Used for fractures to the tibia, fibula, for severe sprains and for immobilization following some surgery.
Shoulder Spica Cast	Cast is applied around the trunk to the shoulder, arm and hand. Used for immobilization following shoulder dislocation or post surgically.

Buck's traction

- Is a type of skin traction where a specialized bandage is applied to the skin over the fracture and a single pulley attached to the crossbar at the foot of the bed applies traction.
- Used for hip/femoral fraction
- Nursing Interventions
 - Protect the medial and lateral malleoli (ankle bones) with cotton wool
 - Remove bandages daily and assess skin integrity
 - Encourage plantar flexion

Russell's Traction

- Similar to Buck's, but a knee sling is used to support the affected leg
- Treats hip and knee fractures

Please see the following online image for reference:

<http://rightatrium.tumblr.com/image/10484191674>

Infectious Skin conditions: Cellulitis

Describe the following:

Definition	Signs & Symptoms	Diagnosis	Treatment	Nursing Interventions
A common bacterial skin condition that can result in a serious infection and inflammatory process, resulting in tissue destruction	Redness Swelling Pain Fever Elevated WBC	Blood cultures (serious infections) X-Rays to examine for infectious abscesses	Antibiotics: Based on cultures Gravity: To assist with drainage Hydration: skin should be hydrated to prevent skin breakdown Pain control Surgical: Excision, amputation	Antibiotics Supportive Wound care

