

- Musculoskeletal
 - o Nursing Roles
 - Identify problems and roles
 - Risk Assessment
 - Maintain Client Independence (ex. Assessment of home)
 - Prevent Deformity
 - Optimal Development - Children (ensure well-being)
 - o General History
 - Ask about Symptoms
 - Joints
 - Muscles
 - Bones
 - o Special Ms-Mk HistoryPoints
 - ADL and IADL p. 885
 - Activities of daily living (feed, dress, toilet yourself)
 - Independence activities of daily living (shop, balance checkbook)
 - Ca+ and Vitamin D. Supplement
 - Vitamin D deficiency causes rickets
 - Milk Intolerance
 - Milk is fortified with Vitamin D
 - Immunizations
 - Polio
 - If you develop post-polio, you can lose muscle fibers decrease.
 - o Past History
 - Problems or Injuries related to Bones, Joints, Muscles
 - Rx (treatment) and Results
 - DM (diabetes), Sickle Cell anemia, Systemic Lupus, Osteoporosis
 - Menopause? → lose Ca+ in bones, inc. risk in osteoporosis
 - HRT
 - Estrogen
 - o Family History
 - Rheumatoid Arthritis
 - An inflammatory disease
 - Gout
 - Osteoporosis
 - o Risk Factors
 - Anabolic Steroid Use
 - High Risk Sports or Activities
 - Use Protective Gear?
 - Women have higher risk for concussions
 - o Health Patterns
 - Exercise

- Weight Training
 - Balance Training
 - Increase balance in elderly and decrease the likely hood of having a fall.
 - Diet
 - Need protein for muscles
 - Ca+ for bones
 - Weight Maintenance
 - Increase stress on joints, inc. muscle pain, if all obese
 - Use of Assistive Devices
 - Cane? Walker?
- o Child Past History
 - Birth Trauma
 - Developmental Mile Stones on time?
 - Sit up
 - Stand Up
 - Walk
- o Physical Examination
 - Examine
 - Symmetry
 - Dominant side might be more muscle
 - Posture
 - Relationship to other body parts, as well as relation to environment
 - Erect
 - Ears, to the Mid-shoulder, elbow, to knees, to ankle none
 - Slouch
 - Does not conform to the erect posture.
 - Gait
 - Joint function
 - ROM- active and passive
 - PROM: passive range of motion
 - Degree of Motion
 - Flexion with Knee Flexed
 - 0 -120
 - Goniometer
 - Measure angle of joint
 - Coordination
 - Look at how far joints can go
 - Muscle strength, tone, and mass
 - Osteoarthritis
 - Cold and Swollen
 - Rumathoidarthritis

- Hot and Swollen
- Redness

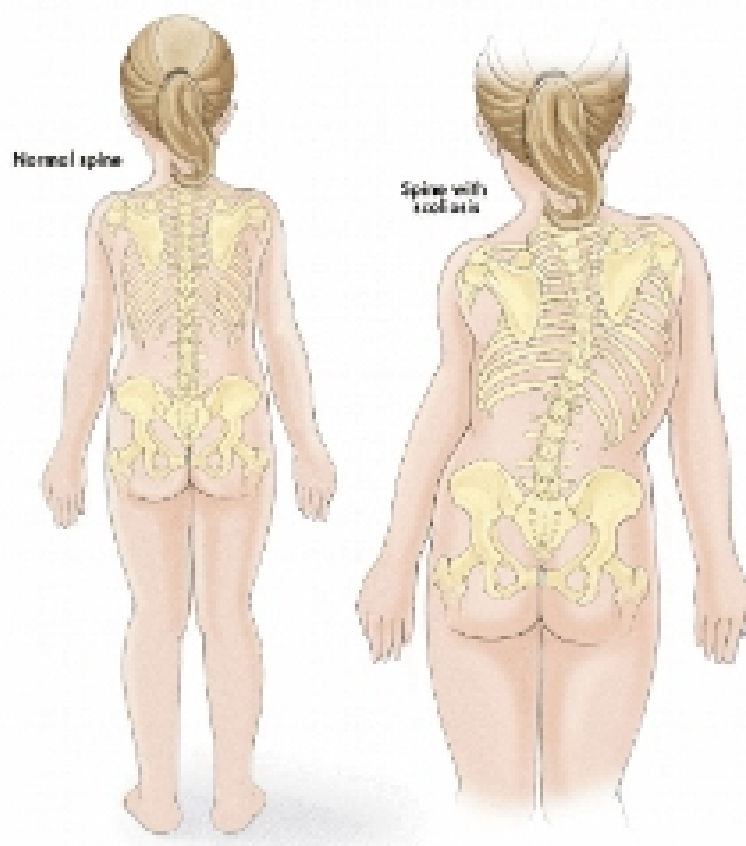
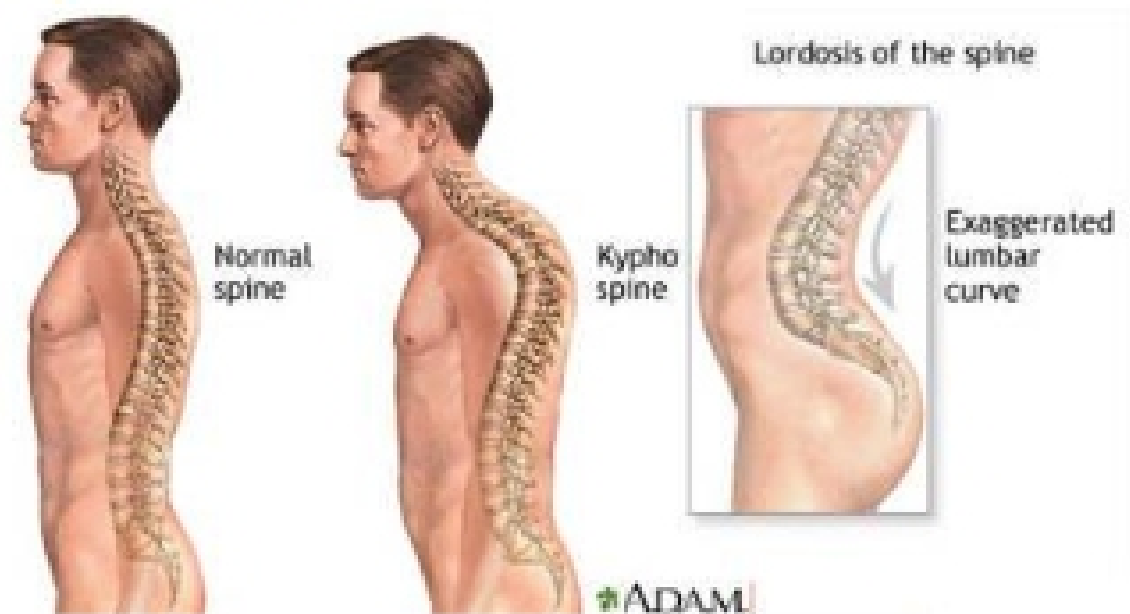
- Abnormalities

- Kyphosis

- Due to collapse of the vertebra and the disks (osteoporosis)
 - The rib cage protrudes so it looks like back is pushed out
 - Can cause difficulty breathing, pain
 - Frequently seen in elderly

- Lordosis

- Exaggerated curve in lumbar region
 - Beer Belly
 - Happens to pregnant ladies and is a problem for obese people
 - May complain of backache
 - Pregnant Women



- Scoliosis

- Double curve to side
 - If severe, can have respiratory distress
 - end over, look for shoulder on same level
 - positive sign is a slightly raised shoulder

- Gait

- Inspect
 - Posture
 - Movement
 - Foot positions
 - Balance
 - Coordination

- Joint Function

- If swollen, touch joints to see if edema or hard
 - Arthritis can enlarge joints