

Role of orthopedic nurse  
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# What is Orthopedic?

The branch of medical science which deals with disorders or injuries of bones, joints, muscles, nerves, ligaments and other soft tissue including the prevention and correction of the deformities or disorders of the locomotor system

# **What is Orthopedic Nursing?**

**Orthopedic nursing** is a specialty which is focused on the treatment and prevention of musculoskeletal disorders.

**An orthopedic nurse** has specialized skills such as traction, neurovascular status monitoring, continuous passive motion therapy, casting and care of patients with fixation

# Objectives of Orthopedic Nursing:

There are some key purposes of **orthopedic nursing** which are presented in the below:

- It deals to correct the deformity.
- It deals for correction of the appearance.
- It deals to control and relieve pain.
- It deals to increase muscle strength and joint function.

# Objectives of Orthopedic Nursing:

- It deals to reduce useless limb.
- It deals to save the patient life.
- It deals to reduce infection such as septicemia, gas gangrene, fat embolism, tetanus etc.
- It deals for reduction of injury and illness related to the musculoskeletal system

# **Duties and Responsibilities of Orthopedic Nurse:**

**There are twenty major role and responsibilities of an orthopedic nurse which are discussed in the following:**

- 1. Orthopedic nursing practice facilitates the promotion of wellness and self-care, the maintenance of health and the prevention of injury and illness in the care of individuals of all ages with degenerative, traumatic, inflammatory, neuromuscular, congenital, metabolic and oncologic disorders of the musculoskeletal system.**

## **Duties and Responsibilities of Orthopedic Nurse:**

**2.** The orthopedic nurse diagnoses and treats human responses to actual and potential health problems related to musculoskeletal function.

**3.** An orthopedic nurse provides quality of care for restore function of musculoskeletal system and prevention of complication.



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4. Participate in peer review to assure competent practice.
5. Designing and implementing systems to evaluate care based on identified criteria.
6. Inform other health professional and the community about the specialty of orthopedic nursing.

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- 7.** Use research findings to clinical practice and contributing to nursing research.
- 8.** Advanced orthopedic nursing practice requires substantial theoretical knowledge and clinical expertise in orthopedic nursing and at least master's degree preparation.
- 9.** Serve as an educator, mentor and role model for nursing colleagues, students, and others

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**10.**The advanced orthopedic nurse may fulfill the roles of direct caregiver, consultant, educator, researcher, administrator and primary health care providers.

**11.**Be politically aware and proactive concerning health care issues.

**12.**The professional orthopedic nurse bases clinical judgment and decision making on the nursing process nursing theory and research as well as specific orthopedic knowledge.

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**13.** An orthopedic nurse provides quality of care for the promotion of comfort, mobility and self-care activities.

**14.** Developing and implementing a plan of care including mutually set goals that are unique to the individual.

**15.** Maintain current orthopedic knowledge through formal and informal education

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**16.** Participate in professional nursing associations that promote educational and professional.

**17.** Apply research findings to clinical practice and contributing to nursing research.

**18.** The advanced orthopedic nurse provides expert care to individuals in health promotion and illness or injury prevention.

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**19.** Increase self-esteem, self-efficiency, and self-concept.

**20.** The professional orthopedic nurse provides direct care or collaborates with other health care professionals to provide appropriate, effective and efficient care and education by:

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- a.** Perform a holistic assessment of an individual and/or family for musculoskeletal disorders.
- b.** Orthopedic nurse educates the patient and patient family for self-care with orthopedic problems.
- c.** Identifying and treating the following nursing diagnoses that frequently occur in the orthopedic population:
  - Activity intolerance
  - Impaired adjustment
  - Impaired physical mobility
  - Impaired skin integrity

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- Infection
- Pain (acute)
- Pain (chronic)
- Peripheral neurovascular dysfunction
- Post-trauma
- Trauma, high risk of injury,
- Knowledge deficit
- Self-care deficit