



NRS  
DATE INITIAL

--	--

- you and your individual health needs.
  - 2. Discuss pain control issues.
  - G. Keep follow-up appointments with physician.
  - H. Do not smoke.
  - I. Report to physician signs and symptoms of deformity, pain, edema, decreased range of motion, or paralysis.
- V. The client/caregiver is aware of possible complications.**
- A. Fractures
  - B. Respiratory compromise caused by kyphosis (curved spine)
  - C. Bone deformity

**RESOURCES**

National Osteoporosis Foundation  
[www.nof.org/](http://www.nof.org/)

National Institute on Aging  
[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

National Institute of Arthritis and Musculoskeletal and Skin Diseases  
[www.niams.nih.gov](http://www.niams.nih.gov)

The National Women's Health Information Center  
[www.4woman.gov/](http://www.4woman.gov/)

**REFERENCES**

Ackley, B. J., & Ladwig, G. B. (2006). *Nursing diagnosis handbook: A guide to planning care*. St. Louis: Mosby Inc.

Canobbio, M. M. (2006). *Mosby's handbook of patient teaching*. St. Louis: Mosby Inc.

Cohen, B. J., & Taylor, J. J. (2005). *Memmler's the human body in health and disease* (10th ed.). Philadelphia: Lippincott Williams & Wilkins.

Lutz, C., & Przytulski, K. (2001). *Nutrition and diet therapy*. Philadelphia: F. A. Davis Company.

Taylor, C., Lillis, C., & LeMone, P. (2005). *Fundamentals of nursing*. Philadelphia: Lippincott, Williams & Wilkins.