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Osteoporosis

	Patient name:		Admission:	
DATE	NRS INITIAL		NRS DATE INITIAL	
DATE	I.	The client/caregiver can define osteoporosis.A. It is a bone disorder in which the reabsorption of bone exceeds the formation of bone.B. It results in decreased bone mass and bone density causing bones to be brittle.	Exercise suggestions 1. Do weight-bearing exercises such as walking, jogging, running, and stair climbing. 2. Avoid types of exercise that may increase fractures. 3. Increase exercise gradually, and plan	r
	l lI	. The client/caregiver can list factors that	regular rest periods.	.1
		increase risk. A. Menopause B. Advancing age C. Limited mobility or sedentary lifestyle D. Alcohol and nicotine abuse (decreases calcium absorption and retention) E. Family history F. Eating disorders G. Inadequate dietary intake of calcium H. High intake of caffeine I. Various diseases, such as liver or kidney disease and chronic obstructive pulmonary disease J. Certain medications such as antacids, corticosteroids, and heparin K. A diet low in calcium and vitamin D and high in phosphorous L. Following bariatric surgery M. Men, who can develop osteoporosis but much less often	4. Exercise in the sunlight to increase vitamin D. C. Eat a well-balanced diet high in calcium protein, and vitamin D. 1. Foods high in calcium include milk yogurt, cheese, salmon, sardines, and dark green vegetables. 2. Sources of vitamin D include fortification milk, liver, butter, and eggs. 3. Sources of protein include eggs, mill and meat. 4. Read labels for products enriched we calcium and vitamin D. 5. Take calcium and vitamin D supplements as ordered. 6. Limit caffeine. 7. Avoid excessive alcohol. 8. Add soy products to diet. 9. Drink plenty of fluids and increase fiber. Calcium supplements can cau	c, nd ed llk, vith
	IN	 and symptoms. A. Curvature of the spine B. Loss of height C. Backache D. Frequent fractures—most often fractures of spine, hips, or wrists E. Decreased density of bone F. Decreased strength in muscles and joints 	gas and constipation. Start supplem gradually to help with these symptod. D. Follow safety precautions to prevent fat and injuries. 1. Use good body mechanics and proprosture. 2. Wear well-fitting nonskid shoes. 3. Use a cane or walker as indicated to prevent falls. 4. Use handrails. 5. Use good lighting and night lights. 6. Avoid clutter and keep walkways clear.	oms. alls per
		A. Bone density tests for evaluation and diagnosis.B. Exercise can help build bone strength and	E. Use a firm, supportive mattress. F. Take medications as ordered. 1. Discuss with your physician the	

(Continued)

slow bone loss.

benefits of hormone therapy for

Part II Diseases

Musculoskeletal Disorders/Diseases

NRS DATE INITIAL

you and your individual health

- 2. Discuss pain control issues.
- G. Keep follow-up appointments with physician.
- H. Do not smoke.
- 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/

National Institute on Aging www.nihseniorhealth.gov

National Institute of Arthritis and Musculoskeletal and Skin Diseases

www.niams.nih.gov

The National Women's Health Information Center www.4woman.gov/

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