

STUDENT NAME _____

DISORDER/DISEASE PROCESS **Osteoporosis** REVIEW MODULE CHAPTER **9**

Alterations in Health (Diagnosis)
 Osteoporosis is a bone disorder that creates a loss of bone density and mass

Pathophysiology Related to Client Problem
 Idiopathic; occurs either in adults 50 years old or older OR a complication of another disorder

Health Promotion and Disease Prevention
 Good, nutritional diet and exercise are ways to help prevent this bone disorder

ASSESSMENT

Four empty boxes for assessment notes.

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SAFETY CONSIDERATIONS

Patients who use oral or injected corticosteroid medications (prednisone and cortisone) for long-term interferes with the bone rebuilding process, so the se can increase chances of developing osteoporosis

PATIENT-CENTERED CARE

Nursing Care
 Patient needs plenty of protein, Calcium, vitamin D in their diet to decrease the risk of osteoporosis decreases

Medications
 Alendronate (Fosamax)
 Risedronate (Actonel, Atelvia)
 Ibandronate (Boniva)
 Zoledronic acid (Reclast)
 Denosumab (Prolia)
 Teriparatide (Forteo)

Client Education
 Lifestyle and home remedies are:
 -Don't smoke: Increases bone loss
 -Avoid excessive alcohol:
 bone formation
 -Prevent falls: wear low-heeled shoes for example

Therapeutic Procedures
 Osteoporosis is more common in people who have too much/too little of certain hormones. So hormonal therapy to improve hormonal balances can be a good option for

Interprofessional Care
 Get tested! When going to the doctor, write down any symptoms you've noticed, write down any key personal information like major stresses or recent life changes, make list of all

Complications
 In some cases, spinal fractures can occur even if a patient hasn't fallen. The bones that make up the spine can be weakened to the point that they may crumble