



## HEALTHCARE SCIENCE

**COURSE:** 25.561 Nursing Essentials

**UNIT:** 9.1 Skeletal & Muscular Systems



## INTRODUCTION

### Annotation:

In this unit students will continue to build on knowledge of the skeletal & muscular systems as it relates to common disorders of these systems and the role of the nursing assistant in providing care for residents with musculoskeletal system disorders. Students who participate in nursing assistant training at a healthcare facility will apply their knowledge in caring for residents/patients/clients who may have some of these disorders.

### Grade(s):

<input type="checkbox"/>	9 <sup>th</sup>
<input type="checkbox"/>	10 <sup>th</sup>
<input checked="" type="checkbox"/>	11 <sup>th</sup>
<input checked="" type="checkbox"/>	12 <sup>th</sup>

### Time:

Two to Three 50 minute periods including practicing for check-offs and observations of students in a clinical setting

### Author:

Pat Rutherford, RN EdS

### Additional Author(s):

### Students with Disabilities:

For students with disabilities, the instructor should refer to the student's IEP to be sure that the accommodations specified are being provided. Instructors should also familiarize themselves with the provisions of Behavior Intervention Plans that may be part of a student's IEP. Frequent consultation with a student's special education instructor will be beneficial in providing appropriate differentiation.



## FOCUS STANDARDS

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### **GPS Focus Standards:**

#### **HS-NE-12:**

The student will perform basic nursing assistant skills within the scope of practice for a nursing assistant while maintaining resident rights. Beginning and ending procedures actions will be performed with all resident care.

- d. Demonstrate understanding of body systems while recognizing abnormal changes in body function and reporting changes to supervisor

#### **CTAE-FS-2:**

**Academic Foundations:** Learners achieve state academic standards at or above grade level

### **GPS Academic Standards:**

### **National / Local Standards / Industry / ISTE:**



## UNDERSTANDINGS & GOALS

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### **Enduring Understandings:**

- Demonstrate nursing assistant skills directed to the understanding of the musculoskeletal systems
- The importance of recognize abnormal changes of the musculoskeletal system and reporting them to the supervisor.

### **Essential Questions:**

- How do I provide care for residents with common musculoskeletal disorders?
- What observations do I need to make and report to the supervisor for residents/patients/clients with musculoskeletal disorders?

### **Knowledge from this Unit:**

- The nursing skills are needed to provide comfort for a resident with a hip fracture
- How to care for a resident with osteoporosis, osteoarthritis, and rheumatoid arthritis
- How to care for a resident with muscular dystrophy or contractures
- The importance of monitoring and protecting the skin

### **Skills from this Unit:**

- Demonstrate nursing assistant care for at least 2 disorders of the musculoskeletal system.

- Maintain good body alignment in positioning residents/patients/clients with musculoskeletal disorders and provide appropriate support to affected bones, joints or muscles.



## ASSESSMENT(S)

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### Assessment Method Type:

- ☐ Pre-test
- ☐ Objective assessment - multiple-choice, true- false, etc.
  - ☐ Quizzes/Tests
  - ☐ Unit test
- ☐ Group project
- ☐ Individual project
- ☐ Self-assessment - May include practice quizzes, games, simulations, checklists, etc.
  - ☐ Self-check rubrics
  - ☐ Self-check during writing/planning process
  - ☐ Journal reflections on concepts, personal experiences and impact on one's life
  - ☐ Reflect on evaluations of work from teachers, business partners, and competition judges
  - ☐ Academic prompts
  - ☐ Practice quizzes/tests
- ☐ Subjective assessment/Informal observations
  - ☐ Essay tests
  - ☐ Observe students working with partners
  - ☐ Observe students role playing
- ☐ Peer-assessment
  - ☐ Peer editing & commentary of products/projects/presentations using rubrics
  - ☐ Peer editing and/or critiquing
- ☐ Dialogue and Discussion
  - ☐ Student/teacher conferences
  - ☐ Partner and small group discussions
  - ☐ Whole group discussions
  - ☐ Interaction with/feedback from community members/speakers and business partners
- ☐ Constructed Responses
  - ☐ Chart good reading/writing/listening/speaking habits
  - ☐ Application of skills to real-life situations/scenarios
- ☐ Post-test

### Assessment(s) Title:

Care for Musculoskeletal Disorders Test

### Assessment(s) Description/Directions:

### Attachments for Assessment(s):



# LEARNING EXPERIENCES

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## Sequence of Instruction

### 1. Identify the Standards. Standards should be posted in the classroom for each lesson.

HS-NE-12: The student will perform basic nursing assistant skills within the scope of practice for a nursing assistant while maintaining resident rights. Beginning and ending procedures actions will be performed with all resident care.

### 2. Review Essential Questions.

- How do I provide care for residents with common musculoskeletal disorders?
- What observations do I need to make and report to the supervisor for residents/patients/clients with musculoskeletal disorders?

### 3. Identify and review the unit vocabulary.

### 4. Assessment Activity.

- Review and discuss muscular and skeletal system outline from Applications
- Review common disorders for the resident; osteoporosis, hip fractures, arthritis, bursitis, muscular dystrophy and contractures
- Demonstrate aligning the patient, turning the patient with safety elements included
- Demonstrate ROM and discuss purpose – refer to restorative care guidelines
- Students to practice and complete check-offs; if possible, have students that can not practice at the same time, review the lesson video on line.
- Test over disorders and aligning the resident/patient/client
- Assign students to assist in providing care for a resident with musculoskeletal disorder. Observe and test students in clinical setting and sign students' skills sheet to meet requirements of the Georgia Medical Care Foundation's

## Attachments for Learning Experiences:

### Notes & Reflections:

Previous knowledge from Applications of Therapeutic Services related to the skeletal and muscular systems is necessary to complete this unit. Some information from the applications course will be correlated with this unit.

Check-off may be adjusted and or altered per the instructor.



## CULMINATING PERFORMANCE TASK (Optional)

### Culminating Unit Performance Task Title:

1. Turning Patient Away
2. Proper Alignment of the Resident in supine, lateral, and prone positions
3. Moving a Patient Up in Bed

### Culminating Unit Performance Task Description/Directions/Differentiated

Students will perform skills related to the musculoskeletal system to include Positioning in the supine, lateral, and prone positions

### Attachments for Culminating Performance Task

At the bottom of this unit plan



## UNIT RESOURCES

### Web Resources:

- <http://deptets.fvtc.edu/nursing/> Nursing Assistant On-Line Video Lessons # 61

### Attachment(s):

### Materials & Equipment:

### What 21st Century Technology was used in this unit:

<input type="checkbox"/>	Slide Show Software	<input type="checkbox"/>	Graphing Software	<input type="checkbox"/>	Audio File(s)
<input type="checkbox"/>	Interactive Whiteboard	<input type="checkbox"/>	Calculator	<input type="checkbox"/>	Graphic Organizer
<input type="checkbox"/>	Student Response System	<input type="checkbox"/>	Desktop Publishing	<input type="checkbox"/>	Image File(s)
<input type="checkbox"/>	Web Design Software	<input type="checkbox"/>	Blog	<input type="checkbox"/>	Video
<input type="checkbox"/>	Animation Software	<input type="checkbox"/>	Wiki	<input type="checkbox"/>	Electronic Game or Puzzle Maker
<input type="checkbox"/>	Email	<input checked="" type="checkbox"/>	Website		