

Across healthcare settings, an increased incidence of complex disease and disability creates unique needs for care delivery. The advanced practice nurse plays a critical role in optimizing health outcomes for individuals with complex health concerns through holistic, interdisciplinary approaches to care. Through collaborative practice with interprofessional colleagues and community partners, strategies can be implemented to support the health and well-being of individuals with complex health concerns.

With learning from Week Five regarding the musculoskeletal system in mind, respond to the following:

- Describe a scenario including an individual with a disease, genetic disorder, or disability involving the musculoskeletal system.
- Discuss how the MSN-prepared nurse can collaborate with interprofessional colleagues to optimize health outcomes. Provide an example that applies to your scenario.
- Explain how competency in advanced physical assessment, pathophysiology and pharmacology contributes to interprofessional collaborative practice. Provide an example to illustrate the impact of advanced competency on interprofessional collaborative practice.

Scenario: A 72-year-old female patient is present for her 8-week post-op appointment after undergoing an open reduction and internal fixation (ORIF) of a right hip fracture. The fracture occurred when the patient fell from a standing height after slipping in her bathroom. The patient comes to the clinic today for an osteoporosis workup. Today, the patient's bone mineral density (BMD) produced a T-score of -2 at the right femoral neck which confirms a diagnosis of osteoporosis.

Interprofessional Collaboration: Interprofessional care for osteoporosis focuses on exercise programs, drug therapy, prevention of falls and fractures, and proper nutrition including adequate calcium intake and calcium and vitamin D supplements. A consultation with a nutritionist will be beneficial for this patient to identify foods that provide the proper nutrients. A consultation from a physical therapist and occupational therapist will be helpful to provide this patient with techniques for proper movement and body mechanics to reduce the risk of falls and fractures as well as introducing an exercise regimen that will help the patient to maintain bone strength. The patient's primary doctor will be helpful in explaining and prescribing medications to help treat osteoporosis. The MSN-prepared nurse's role in interprofessional collaboration is to tie it all together and ensure the patient comprehends and understands all the information given to them from each different specialty. It is important for the MSN-prepared nurse to reiterate important information, evaluate the patient's knowledge regarding the teachings they have received, and provide additional education as needed. The goal and reasons for above mentioned interventions is to slow current bone loss and prevent further degeneration from occurring while allowing the patient to continue living with independence and the freedom to be able to enjoy life how they want to.