

NRNP 6531 Week 9 Assignment: i-Human Case Study: Evaluating and Managing Musculoskeletal Condition

Primary Diagnosis and ICD-10 Code:

M51.26- Other intervertebral disc displacement, lumbar region

72010- X-ray Spine, complete 2 views

72148- MRI Lumbar spine without contrast

Additional Laboratory and Diagnostic Tests: If Carlotta had not already shown some nerve involvement, with the sensory test, a nerve conduction test may be considered.

Consults: Physical therapy for strengthening exercises. If symptoms continue after 6-8 weeks of conservative therapy, then a surgical consult may be needed. Surgical consult with a neuro or spinal specialist may be needed if therapy is not effective, as the patient may need a microdiscectomy or laminectomy and spinal fusion for more severe cases (Nall, 2020b).

Therapeutic Modalities: Treatment involves a triple therapy approach consisting of pharmacologic, non-pharmacologic and physical therapy (Newman 2018). It is suggested that about 80% of patients with herniated discs usually recover with conservative treatment in as few as 4 weeks (AMBOSS, 2020).

1. Participate in physical therapy activities as directed by therapist
2. Apply heat to lower back BID-TID for comfort
3. Naproxen 1000mg PO daily
4. Avoid being immobile, continue with daily activities, however; avoid pushing, lifting, pulling, or sudden jerking movements

Health Promotion: Carlotta's history placed her at an elevated risk for development of osteoporosis, which after her last bone-density scan a year ago, confirmed she does have osteoporosis and was started on Fosamax. It is suggested that a repeat bone scan be done a year following start of treatment and periodically thereafter, at her providers discretion, to monitor for medication effectiveness and if any further bone damage is occurring (Nall, 2020a). Additionally, Carlotta has a history of smoking and family history of breast cancer and coronary artery disease; therefore it would be beneficial to have routine breast cancer screenings, such self-breast exams and mammograms; as well as coronary artery disease screening (Healthcare.gov, 2020).

Patient Education: While recovery is good, prevention is better. The easiest way to treat back problems is with adequate prevention. Some important strategies for prevention include: maintaining a healthy weight, attempt to avoid stress, participate in 150-minutes of moderate-intensity exercises weekly and remember proper body mechanics when lifting objects; such as bending at the hips and knees while keeping spine in neutral position, tighten abdominal muscles, and always ask for help when lifting heavy objects.

Disposition/Follow-up Instructions: 1. Discharge to home. 2. Follow-up in 6 weeks for re-evaluation. Avoid activities that cause pain, but do not become immobile. Avoid wearing high-heeled shoes and sleeping on your stomach. Call 911 or go to the ER immediately if you become dizzy or faint, have difficulty breathing, unable to control urine or feces; or experience numbness, tingling or complete loss in movement of arms or legs.

References

AMBOSS. (2020). Degenerative disc disease. https://next.amboss.com/us/article/ji0_rf

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Nall, R. (2020a, June 3). Will a bone density scan help treat my osteoporosis? *Healthline*. <https://www.healthline.com/health/managing-osteoporosis/will-a-bone-density-scan-help-treat-my-osteoporosis>

Nall, R. (2020b, August 27). Slipped (herniated) disc. *Healthline*. <https://www.healthline.com/health/herniated-disk>

Newman, T. (2018, August 21). Cause and treatment of a herniated disk. *Medical News Today*. <https://www.medicalnewstoday.com/articles/191979>