

## **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).