

NRNP 6540 Week 10 Knowledge Check

QUESTION 1

Describe the difference between bursitis and tendinitis.

Bursitis is the inflammation of a bursa, a sac lined with synovial membranes that release synovial fluids. Tendinitis, on the other hand, is the inflammation of a tendon, which is the noncontractile portion of a muscle.

QUESTION 2

Your 68-year-old male complains of a hot, swollen, reddened MTP joint of the great toe. What is your primary diagnosis?

The patient with a hot, swollen, reddened metatarsophalangeal joint of the great toe can have a primary diagnosis of gout. Those symptoms in the great toe, known as podagra, are the classic presentation of an acute gout attack.

QUESTION 3

Restless legs syndrome (RLS) is a common neurological disorder characterized by an intense urge to move the legs (or sometimes the arms). Describe at least three symptoms or sensations of RLS.

Three symptoms or sensations of restless leg syndrome include the following:

1. Symptoms are reported as a need to move due to sensations variously described as aching, burning, creeping, crawling, cramping, gnawing, pulling, painful, tense, throbbing, tingling, restless, itchy, tense, tearing, and tugging.
2. Movement of affected limbs provides relief, but discomfort recurs unless the movement continues.
3. Symptoms start or worsen during periods of inactivity like sitting or lying down.

QUESTION 4

Mary is a 79-year-old female who is post-menopausal and had refused to take hormone replacement therapy. Her vital signs are normal with slightly elevated BP today of 140/79, she states she is in pain 6/10. She is active around her home, and comes to the clinic complaining of back and hip pain after hanging new curtains and fell off her step ladder onto her kitchen floor. You suspect she has a fracture. What are the OLDCARTs questions you want to explore with her?

In assessing Mary, who is suspected to have a fracture, the following OLDCART questions will be asked:

1. Onset - When did the injury occur?
2. Location - What part of the body is hurting? Besides the back and hip, any other related injury?
3. Characteristics - Describe the pain in the injured sites?
4. Duration - Is the pain constant or intermittent?
5. Aggravating Factors - What activity worsens the pain?
6. Relieving Factors - What activity helps relieve the pain.