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Osteomyelitis

Patient name: _____ Admission: _____

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- I. **The client/caregiver can define osteomyelitis.**
 - A. It is an acute or chronic infection of the bone.
 - B. It can be difficult to cure because of limited blood supply and may persist for years.
- II. **The client/caregiver can list possible causes.**
 - A. Direct infection caused by surgery, penetrating wound, or compound fracture.
 - B. Indirect infection caused by an infection elsewhere in the body.
- III. **The client/caregiver can list signs and symptoms.**
 - A. Fever
 - B. Pain in the area of the infection
 - C. Warmth
 - D. Swelling and redness over the area of the infection
 - E. Tiredness
 - F. Drainage from an open wound near the area of the infection
- IV. **The client/caregiver can list risk factors.**
 - A. Malnourishment
 - B. Older
 - C. Diseases that may cause decreased resistance (i.e., diabetes, kidney disease, liver cirrhosis, and rheumatoid arthritis)
 - D. Situations that can create more risk for bone infections are as follows:
 - Illegally injectable drug use
 - Dialysis
 - Use of Foley catheters
 - Central lines for intravenous therapies
- V. **The client/caregiver can state measures for management of disease.**
 - A. Obtain adequate nutrition.
 - 1. Eat foods high in vitamin D, B vitamin complex, vitamin C, phosphorous, and magnesium.

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- 2. Take vitamin and mineral supplements as needed.
 - 3. Eat a well-balanced diet high in protein.
 - 4. Drink fluids to 3 liters per day unless contraindicated.
 - B. Provide relief of pain.
 - 1. Take pain medication as needed.
 - 2. Splint or immobilize affected part as needed.
 - 3. Use a foot cradle to keep weight of blankets off extremity.
 - 4. Use good body alignment.
 - C. Prevent infection.
 - 1. Avoid exposure to persons with infections.
 - 2. Change dressing with sterile technique as instructed.
 - 3. Use good hand-washing techniques.
 - D. Take medications as ordered (long-term antibiotic therapy).
 - E. Elevate extremity to decrease swelling.
 - F. Follow limited weight-bearing ambulation as ordered. Use assistive devices as instructed.
 - G. Plan frequent rest periods to promote healing.
 - H. Keep follow-up appointments with physician as instructed.
 - I. Report signs of infection's getting worse (i.e., additional tender areas, increase in fever, or increase in drainage).
 - J. Do not smoke. Smoking decreases blood flow to hands and feet.
- VI. **The client/caregiver can list possible complications.**
 - A. Pathological fracture
 - B. Bone deformity
 - C. Sepsis
 - D. Bone abscess

(Continued)

RESOURCE

National Institute of Arthritis and Musculoskeletal and Skin Diseases
www.niams.nih.gov

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