

PN Learning System Medical-Surgical Musculoskeletal Practice Quiz Answer Key PDF

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Which imaging technique is most commonly used to diagnose fractures?

- A. MRI
- B. Ultrasound
- C. X-ray ✓**
- D. CT scan

Which of the following is a common symptom of osteoarthritis?

- A. Fever
- B. RASH
- C. Joint pain ✓**
- D. Weight loss

What is the primary function of synovIAL fluid in joints?

- A. To provide nutrients to the bone
- B. To lubricate the joint ✓**
- C. To strengthen the joint
- D. To absorb shock

What are typical signs of a musculoskeletal injury? (Select all that apply)

- A. Swelling ✓**
- B. Bruising ✓**
- C. Nausea
- D. Limited range of motion ✓**

Which of the following are common symptoms of a fracture? (Select all that apply)

- A. Pain ✓**
- B. Deformity ✓**
- C. RASH
- D. Loss of function ✓**

What are the benefits of using MRI in musculoskeletal diagnostics? (Select all that apply)

- A. Detailed soft tissue imaging ✓**
- B. Radiation exposure
- C. Non-invasive procedure ✓**
- D. Quick imaging process

Which interventions are crucial in post-operative care for joint replacement surgery? (Select all that apply)

- A. Pain management ✓**
- B. Early mobilization ✓**
- C. High-impact exercises
- D. Infection prevention ✓**

Discuss the importance of patient education in preventing musculoskeletal injuries.

- A. Promoting safe practices ✓**
- B. Understanding risk factors ✓**
- C. Encouraging regular exercise ✓**
- D. Ensuring adherence to treatment plans ✓**

What is the most common site for a fracture in individuals with osteoporosis?

- A. Skull
- B. Hip ✓**
- C. Clavicle
- D. Phalanges

Explain the significance of interdisciplinary collaboration in the treatment of complex musculoskeletal disorders.

- A. Ensures comprehensive care ✓**
- B. Combines expertise from various fields ✓**
- C. Reduces the need for follow-up appointments
- D. Addresses all aspects of the patient's condition ✓**

Describe the role of a nurse in the management of a patient with a hip fracture.

- A. Pain management ✓**
- B. Monitoring for complications ✓**
- C. Assisting with mobility ✓**
- D. Providing education on recovery ✓**

What is the role of calcium in bone health?

- A. To provide energy
- B. To aid in digestion
- C. To strengthen bone structure ✓**
- D. To regulate blood pressure

Which bone is the largest and strongest in the human body?

- A. Femur ✓**
- B. Tibia
- C. Humerus
- D. Radius

Which of the following is a non-surgical treatment for rheumatoid arthritis?

- A. Joint replacement
- B. NSAIDs ✓**
- C. Arthroscopy
- D. Bone graftING

Outline the steps involved in the rehabilitation process following knee replacement surgery.

- A. Pain management ✓**
- B. Physical therapy to restore mobility and strength ✓**
- C. Gradual increase in activity ✓**
- D. Regular follow-up appointments to monitor progress ✓**

Which of the following are non-pharmacological treatments for managing chronic back pain? (Select all that apply)

- A. Acupuncture ✓**
- B. Opioids
- C. Physical therapy ✓**
- D. Cognitive-behavioral therapy ✓**

What is the primary goal of physical therapy in musculoskeletal disorders?

- A. To reduce inflammation
- B. To improve mobility and strength ✓**
- C. To increase bone density
- D. To enhance blood circulation

How does weight-bearing exercise contribute to bone health, and why is it recommended for osteoporosis prevention?

- A. Stimulates bone formation ✓**
- B. Increases bone density ✓**
- C. Reduces the risk of fractures ✓**
- D. Improves cardiovascular health

Which of the following are common risk factors for developing osteoporosis? (Select all that apply)

- A. Smoking ✓**
- B. High calcium intake
- C. Sedentary lifestyle ✓**
- D. Excess alcohol consumption ✓**

Explain the pathophysiology of rheumatoid arthritis and how it differs from osteoarthritis.

- A. Rheumatoid arthritis is an autoimmune disorder causing inflammation of the synovIAL membrane, leading to joint damage.** ✓
- B. Osteoarthritis is a degenerative joint disease caused by wear and tear, leading to cartilage breakdown.** ✓
- C. Both conditions are caused by infection.
- D. Rheumatoid arthritis affects only older adults.