

## PN Learning System Medical-Surgical Musculoskeletal Practice Quiz PDF

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**Which imaging technique is most commonly used to diagnose fractures?**

- MRI
- Ultrasound
- X-ray
- CT scan

**Which of the following is a common symptom of osteoarthritis?**

- Fever
- RASH
- Joint pain
- Weight loss

**What is the primary function of synovIAL fluid in joints?**

- To provide nutrients to the bone
- To lubricate the joint
- To strengthen the joint
- To absorb shock

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

- Swelling
- Bruising
- Nausea
- Limited range of motion

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

- Pain

- Deformity
- RASH
- Loss of function

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

- Detailed soft tissue imaging
- Radiation exposure
- Non-invasive procedure
- Quick imaging process

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

- Pain management
- Early mobilization
- High-impact exercises
- Infection prevention

**Discuss the importance of patient education in preventing musculoskeletal injuries.**

- Promoting safe practices
- Understanding risk factors
- Encouraging regular exercise
- Ensuring adherence to treatment plans

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

- Skull
- Hip
- Clavicle
- Phalanges

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

- Ensures comprehensive care
- Combines expertise from various fields
- Reduces the need for follow-up appointments
- Addresses all aspects of the patient's condition

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

- Pain management
- Monitoring for complications
- Assisting with mobility
- Providing education on recovery

**What is the role of calcium in bone health?**

- To provide energy
- To aid in digestion
- To strengthen bone structure
- To regulate blood pressure

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

- Femur
- Tibia
- Humerus
- Radius

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

- Joint replacement
- NSAIDs
- Arthroscopy
- Bone graftING

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

- Pain management
- Physical therapy to restore mobility and strength
- Gradual increase in activity
- Regular follow-up appointments to monitor progress

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

- Acupuncture
- Opioids

- Physical therapy
- Cognitive-behavioral therapy

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

- To reduce inflammation
- To improve mobility and strength
- To increase bone density
- To enhance blood circulation

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

- Stimulates bone formation
- Increases bone density
- Reduces the risk of fractures
- Improves cardiovascular health

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

- Smoking
- High calcium intake
- Sedentary lifestyle
- Excess alcohol consumption

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

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