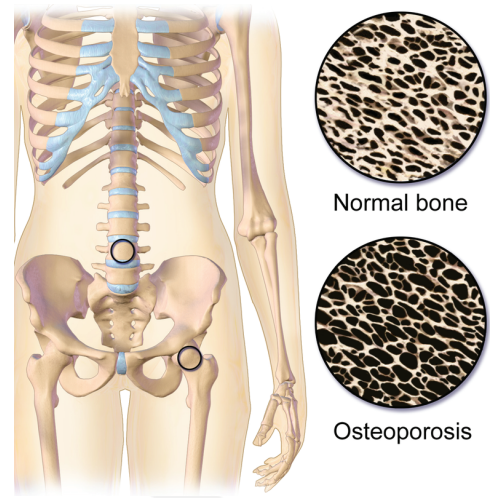


OSTEOPOROSIS PATHOCHART

PATHOPHYSIOLOGY

Osteoporosis involves demineralization of the bone. This happens when growth of new bone does not keep up with the breaking down of old bone (bone resorption). This causes a loss of calcium from the bones, decreased bone mass, and makes the bones very brittle and fragile. This leads to a high risk for fractures. It is common in women due to decreased estrogen levels and patients taking steroids.



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ASSESSMENT FINDINGS

- Kyphosis of spine
- Bone pain
- Stiffness on standing
- Fractures of pelvis or hip
- Pathologic fractures
 - Fracture occurring without trauma

DIAGNOSTICS

- Arthroscopy
- X-ray
- CT or MRI

NURSING PRIORITIES

- Promote Comfort
- Optimize Mobility
- Prevent Falls

THERAPEUTIC MANAGEMENT

- Ca⁺⁺ intake and supplementation
- Vitamin D intake
- Necessary for absorption of Ca⁺⁺
- Weight bearing exercises
- PT/OT Rehab
- Assistive Devices

MEDICATION THERAPY

- Bisphosphonates (i.e. Fosamax)
- Analgesics