

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME _____

CONCEPT Carpal tunnel syndrome

REVIEW MODULE CHAPTER _____

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

Definition: A condition where there is numbness and tingling in the hand due to pinched nerve in the wrist

Prevention: Stress reduction, reducing strain on hands and wrists and having hand and wrists exercises

Types: Acute Carpal Tunnel Syndrome and bilateral carpal tunnel syndrome

Underlying Principles

Example: Peripheral Neuropathy may accompanies

Pain with numbness or tingling occurs

Cortisone injections and surgery help to hinder the risks

Nursing Interventions

WHO? WHEN? WHY? HOW?

- Administering mild analgesic as required
- Regular assessing the degree of the patient of physical mobility
- Advising the patient to occasionally exercise her hand using warm water
- Teaching the patient how to apply splint
- Reviewing prescribed medication regimen