

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME _____

CONCEPT Osteoporosis

REVIEW MODULE CHAPTER _____

Related Content

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

Definition: A condition where bones becomes weak and brittle

Prevention: It involves use of medication, involving a healthy diet and weight-bearing exercise to help in preventing loss of bone and also strengthen the already weak bones

Types: Type I osteoporosis and type II osteoporosis

Underlying Principles

Normally, the body usually absorbs and replaces bone tissues. However, osteoporosis make the creation of new bone not to keep up with removal of old bone

Use of medications like Raloxifene which is a Selective Estrogen Receptor Modulators help to maintain bone density and reducing risk of fracture

Nursing Interventions

WHO? WHEN? WHY? HOW?

- Monitoring the pain level of the patient and assessing her response to analgesic'
- Providing the patient activities that entails mild exercise
- Focusing on careful positioning, ambulation and prescribed exercise
- Making sure the patient and the family understand the prescribed regimen.