Napa Valley College  
Associate Degree Program in Nursing  
NURS 142  

Seminar – Care Plan Prioritization/Osteoporosis

Objectives:
1. Identify factors that place a person at risk for osteoporosis.
2. Describe assessment findings for a patient with osteoporosis
3. Explain diagnostic tests used for osteoporosis
4. Describe how osteoporosis can lead to illness
5. Select and prioritize possible nursing diagnoses for a person with osteoporosis
6. Identify outcomes for a patient with osteoporosis
7. Formulate a plan of care to achieve desired outcomes for a person with osteoporosis
8. Explain the rationale for chosen interventions

Instructions:
- In groups of four, review the following case study and write out your conclusions regarding each of the objectives. (30 minutes)
- Designated spokespersons for each group will share findings with the remaining groups. (30 minutes)
- As a class, determine priorities of diagnoses and interventions and state rationale for choices.

Case Study:
Mrs. R. is a 62 year-old white female who is concerned about bone loss resulting from osteoporosis. She asks you about what she can do to prevent bone loss.

- Subjective findings/ History
  - She enjoys knitting, swimming, and gardening
  - Her mother fractured her hip while walking at the age of 68.
  - She smokes 1/2 packs of cigarettes a day
  - Menopause occurred at age 56
  - Due to lactulose intolerance, avoids milk and milk products
  - Complaint of an episode of back pain 6 months ago.

- Objective findings
  - Height: 5’ 3” (states used to be 5’ 5”). Weight 132#
  - Moderate dorsal kyphosis
  - Medications: prednisone 10 mg daily for arthritis
  - BMD greater than 2.5 SD below the young adult mean value