**Suggested Answers to Discussion Topics, Chapter 30, The Musculoskeletal System**

| Suggested Answers for Topics for Discussion | Learning Objective(s) |
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| 1a. Students’ responses should include the following:   * Their advanced age. * They are a white, postmenopausal woman. * They have small bones. * They are a smoker. * They suffered malnutrition during their youth, when their bones would have been storing dietary calcium.   1b. Students’ responses should include the following:   * They should be transferred very gently and very carefully to avoid injury. * Encourage physical activity such as ambulation according to the care plan. * Observe and document the type of foods and fluids they eat and drink. * Encourage snacks high in calcium. * Observe for loss of function, swelling, or complaint of pain that could indicate a fracture. | 5, 6, 7 |
| 2a. Students’ responses should include the following:   * Exercises that focus on maintaining a joint’s ability to move effectively. * The exercise can be either passive (done for the resident) or active (done by the resident). | 8 |