# **Assignments, Chapter 30, The Musculoskeletal System**

| Written Assignment | Learning Objective(s) |
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| Assignment #1. Complete Chapter 30 of *Lippincott Workbook for Nursing Assistants.* | 1–9 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Make a list of all the joints involved in range-of-motion exercises. As each joint is named, put your body through its full range of motion, naming each movement as you proceed from head to toe. | 3, 8, 9 |
| Assignment #2. Observe the fresh bone the instructor has obtained. Identify the types of bone, the marrow cavity, the artery and vein, and the articular cartilage. | 2 |
| Assignment #3. Observe the model skeleton. Using the figures in your textbook, identify as many bones as you can, and observe the range of motion of the joints. | 1, 3 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. While caring for patients or residents in your clinical area, you will follow their care plans, which designate activity level and daily exercise expectations. In discussion at the end of your shift, review the normal aging process of the musculoskeletal system and why it is important to ensure that those activity and exercise expectations are met. | 6 |
| Assignment #2. Prior to caring for your patients or residents, review with your instructor, signs or symptoms that may accompany disorders of the musculoskeletal system. While caring for your patients or residents, observe for any of these signs or symptoms and report them to the nurse and your instructor. | 7 |

| Web Assignment | Learning Objective(s) |
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| Assignment #1. Search the Internet for statistics concerning hip fractures that indicate the extent of the problem, outcomes, who is at risk, and prevention measures. Bring your results and share them with the class. | 7 |