

## HESI Case Study: Osteoporosis

1. During the intake assessment and interview what information indicates that Kat has an increased risk for osteoporosis? (Select all that apply)

body mass index of 19

excessive alcohol use

2. How should the nurse respond?

participating in sports and activities often helps the bones become stronger and denser.

3. which aspect of her medication history is most likely to impact Kat's risk for osteoporosis?

discontinued use of estrogen therapy 4 years ago, 8 years after a hysterectomy.

4. What action should the nurse implement?

provide the client with the available choices of appointment times and allow the client to select the desired appointment.

5. What information should the nurse provide the client concerning the effects of food allergies on osteoporosis screening?

reassure the client that there are no dyes or products containing iodine used during a DXA

6. How should the nurse respond?

Many persons with osteoporosis do not have any symptoms

7. What action should the nurse implement first upon learning of this problem?

Ask the client if she has discussed this symptom with her healthcare provider.

8. In addition to evaluating for the presence of subjective symptoms, what assessment technique should the nurse include in the ongoing assessment of Kat's bone density?

Measure her height

9. To increase Kat's dietary intake of calcium, which snack should the nurse recommend

a cup of fruit-flavored yogurt

10. What instructions should the nurse provide? (Select all that apply)

Try to take 1 tablet with each meal

By taking 3 of your calcium tablets each day you will receive adequate amount of calcium for your needs

# Hesi Case Study Answers

**Albert A Gayle**



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