

## **NURSING 102: NURSING CARE OF ADULTS**

### **UNIT III: NURSING CARE OF THE INDIVIDUAL WITH DISORDERS OF THE ENDOCRINE SYSTEM**

#### **UNIT OBJECTIVES**

##### **AT THE COMPLETION OF THE UNIT, THE STUDENT:**

1. Relates the normal anatomy and physiology of the endocrine system.
2. Explains the importance of normal functioning of the endocrine system to the maintenance of life.
3. Explains the interrelationships of the endocrine system to other body systems.
4. Differentiates normal from abnormal characteristics of nursing assessment for the endocrine system.
5. Explains the purpose, significance, results, and nursing responsibilities of diagnostic studies for the endocrine system.
6. Describes the etiology, clinical manifestations, complications, and nursing responsibilities for the patient with disorders of the endocrine system.
7. Discusses the usual medical, surgical, and nursing management of patients with disorders of the endocrine system.
8. Implements therapeutic nursing care, using the nursing process and critical thinking skills, for patients with disorders of the endocrine system.
9. Utilizes communication skills when delivering nursing care to patients with disorders of the endocrine system.
10. Identifies the psychological needs of the patient with a disorder of the endocrine system.
11. Teaches patients about their endocrine disorders.
12. Relates knowledge of community resources available to assist the patient with disorders of the endocrine system.
13. Discusses clinical manifestations of specific age-related physiologic changes.
14. Describes common problems of older adults and the role of the nurse in assisting them with endocrine disorders.
15. Identifies evidence-based practice/best practice standards related to nursing care for patients with disorders of the endocrine system.
16. Demonstrates accountability when delivering nursing care to patients with disorders of the endocrine system.

CONTENT		HOURS	TEACHING STRATEGY	ATI SUPPORTING ACTIVITY AND/OR RESOURCE	EVALUATION METHOD
Unit II:	Nursing Care of the Individual with Disturbances of the Endocrine System	13 T 6.5 C	Lecture PowerPoint and Handouts NCLEX-style review questions Discussion Case Studies Required Readings Clinical pre- and post-conference discussions Plan and giving care to patients with disorders of the endocrine system as available Clinical Objectives		Endocrine Poster Presentations Unit Exam Nursing Care Plans Clinical Evaluations Final Exam
I.	Normal Anatomy and Physiology of the Endocrine System A. Types of Glands 1. Endocrine 2. Exocrine B. Hormones 1. Definition 2. Characteristics 3. Structure 4. Functions 5. Regulation of Hormone Secretions a. Feedback System b. Intrinsic Rhythmicity c. Extrinsic Factors C. Geriatric Consideration		Independent A&P Review Endocrine outline/handout to correlate with textbook		

CONTENT	HOURS	TEACHING STRATEGY	ATI SUPPORTING ACTIVITY AND/OR RESOURCE	EVALUATION METHOD
<p>II. Hormone Dysfunction of the Pituitary Gland</p> <p>A. Physiology of Pituitary Gland</p> <p>B. Hypothalamus – Pituitary Complex</p> <p>C. Hormones Produced</p> <p>D. Anterior Lobe Dysfunction</p> <ol style="list-style-type: none"> <li>1. Hyperpituitarism – Gigantism and Acromegaly <ol style="list-style-type: none"> <li>a. Pathophysiology</li> <li>b. Assessment <ol style="list-style-type: none"> <li>1) Clinical Manifestations</li> <li>2) Diagnostics</li> </ol> </li> <li>c. Complications</li> <li>d. Medical Management</li> <li>e. Nursing Management</li> <li>f. Nursing Process</li> </ol> </li> <li>2. Prolactinomas</li> <li>3. Hypopituitarism – Dwarfism <ol style="list-style-type: none"> <li>a. Pathophysiology</li> <li>b. Assessment <ol style="list-style-type: none"> <li>1) Clinical Manifestations</li> <li>2) Diagnostics</li> </ol> </li> <li>c. Medical Management</li> <li>d. Nursing Management</li> <li>e. Nursing Process</li> </ol> </li> </ol> <p>E. Posterior Lobe Dysfunction</p> <ol style="list-style-type: none"> <li>1. SIADH <ol style="list-style-type: none"> <li>a. Pathophysiology</li> <li>b. Assessment <ol style="list-style-type: none"> <li>1) Clinical Manifestations</li> <li>2) Diagnostics</li> </ol> </li> <li>c. Complications</li> <li>d. Medical Management</li> <li>e. Nursing Management</li> </ol> </li> </ol>		<p>Class Preparation:</p> <ul style="list-style-type: none"> <li>• Edpuzzle: Pituitary Gland</li> <li>• ATI Disorder Template: Diabetes Insipidus and Syndrome of Inappropriate Antidiuretic Hormone</li> </ul> <p>Handout: Pituitary Gland</p>	<p>ATI System Disorders Template: Syndrome of Inappropriate Antidiuretic Hormone Diabetes Insipidus</p>	

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<p>f. Nursing Process</p> <p>2. Diabetes Insipidus</p> <ol style="list-style-type: none"> <li>a. Pathophysiology</li> <li>b. Assessment               <ol style="list-style-type: none"> <li>1) Clinical Manifestations</li> </ol> </li> <li>c. Complications</li> <li>d. Medical Management</li> <li>e. Nursing Management</li> <li>f. Nursing Process</li> </ol> <p>III. Hormone Dysfunction of the Thyroid Gland</p> <ol style="list-style-type: none"> <li>A. Physiology of Thyroid Gland</li> <li>B. Hormones Produced</li> <li>C. Functions of Hormones</li> <li>D. Hyperthyroidism               <ol style="list-style-type: none"> <li>1. Pathophysiology</li> <li>2. Assessment                   <ol style="list-style-type: none"> <li>a. Clinical Manifestations</li> <li>b. Diagnostics</li> </ol> </li> <li>3. Complications</li> <li>4. Medical Management</li> <li>5. Nursing Management</li> <li>6. Nursing Process</li> </ol> </li> <li>E. Hypothyroidism               <ol style="list-style-type: none"> <li>1. Pathophysiology</li> <li>2. Assessment                   <ol style="list-style-type: none"> <li>a. Clinical Manifestations</li> <li>b. Diagnostics</li> </ol> </li> <li>3. Complications</li> <li>4. Medical Management</li> <li>5. Nursing Management</li> <li>6. Nursing Process</li> </ol> </li> <li>F. Thyroid Gland Enlargement               <ol style="list-style-type: none"> <li>1. Pathophysiology</li> </ol> </li> </ol>		<p>Class Preparation:</p> <ul style="list-style-type: none"> <li>• Edpuzzle: Thyroid Gland</li> <li>• ATI Disorder Template: Hyperthyroidism and Hypothyroidism</li> </ul> <p>Handout: Outline of Thyroid</p>	<p>ATI System Disorders Template: Hyperthyroidism Hypothyroidism</p>	

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<ol style="list-style-type: none"> <li>a. Goiter</li> <li>b. Thyroiditis</li> <li>c. Tumors</li> <li>2. Assessment               <ol style="list-style-type: none"> <li>a. Clinical Manifestations</li> <li>b. Diagnostics</li> </ol> </li> <li>3. Complications</li> <li>4. Medical Management</li> <li>5. Nursing Management</li> <li>6. Nursing Process</li> </ol> <p>IV. Hormone Dysfunction of the Parathyroid Gland</p> <ol style="list-style-type: none"> <li>A. Physiology of the Parathyroid Gland</li> <li>B. Hormones Produced</li> <li>C. Hyperparathyroidism               <ol style="list-style-type: none"> <li>1. Pathophysiology</li> <li>2. Assessment                   <ol style="list-style-type: none"> <li>a. Clinical Manifestations</li> <li>b. Diagnostics</li> </ol> </li> <li>3. Complications</li> <li>4. Medical Management</li> <li>5. Nursing Management</li> <li>6. Nursing Process</li> </ol> </li> <li>D. Hypoparathyroidism               <ol style="list-style-type: none"> <li>1. Pathophysiology</li> <li>2. Assessment                   <ol style="list-style-type: none"> <li>a. Clinical Manifestations</li> <li>b. Diagnostics</li> </ol> </li> <li>3. Complications</li> <li>4. Medical Management</li> <li>5. Nursing Management</li> <li>6. Nursing Process</li> </ol> </li> </ol>		<p>Class Preparation:</p> <ul style="list-style-type: none"> <li>• Edpuzzle: Parathyroid Gland</li> </ul> <p>Handout: Outline of Parathyroid</p>		

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<p>V. Hormone Dysfunction of the Adrenal Glands</p> <p>A. Physiology of Adrenal Gland</p> <p>B. Hormones Produced</p> <p>C. Adrenal Cortex Disorders</p> <ol style="list-style-type: none"> <li>1. Hyperfunction of the Adrenal Cortex - Cushing's Syndrome <ol style="list-style-type: none"> <li>a. Pathophysiology</li> <li>b. Assessment <ol style="list-style-type: none"> <li>1) Clinical Manifestations</li> <li>2) Diagnostics</li> </ol> </li> <li>c. Complications</li> <li>d. Medical Management</li> <li>e. Nursing Management</li> <li>f. Nursing Process</li> </ol> </li> <li>2. Primary Aldosteronism <ol style="list-style-type: none"> <li>a. Pathophysiology</li> <li>b. Assessment <ol style="list-style-type: none"> <li>1) Clinical Manifestations</li> <li>2) Diagnostics</li> </ol> </li> <li>c. Complications</li> <li>d. Medical Management</li> <li>e. Nursing Management</li> <li>f. Nursing Process</li> </ol> </li> <li>3. Hypofunction of the Adrenal Cortex - Addison's Disease <ol style="list-style-type: none"> <li>a. Pathophysiology</li> <li>b. Assessment <ol style="list-style-type: none"> <li>1) Clinical Manifestations</li> <li>2) Diagnostics</li> </ol> </li> <li>c. Complications</li> <li>d. Medical Management</li> <li>e. Nursing Management</li> <li>f. Nursing Process</li> </ol> </li> <li>4. Hyperfunction of the Adrenal</li> </ol>		<p>Class Preparation:</p> <ul style="list-style-type: none"> <li>• Edpuzzle: Adrenal Glands</li> <li>• ATI Disorders Template: Cushing's Syndrome and Addison's Disease</li> </ul> <p>Handout: Outline of Adrenal Glands</p>	<p>ATI System Disorders Template: Cushing's Syndrome Addison's Disease</p>	

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<p>Medulla - Pheochromocytoma</p> <ol style="list-style-type: none"> <li>a. Pathophysiology</li> <li>b. Assessment               <ol style="list-style-type: none"> <li>1) Clinical Manifestations</li> <li>2) Diagnostics</li> </ol> </li> <li>c. Complications</li> <li>d. Medical Management</li> <li>e. Nursing Management</li> <li>f. Nursing Process</li> </ol> <p>VI. Hormonal Dysfunction of the Pancreas</p> <ol style="list-style-type: none"> <li>A. Physiology of Pancreas</li> <li>B. Hormones Produced</li> <li>C. Diagnostic Criteria</li> <li>D. Laboratory Studies</li> <li>E. Types of Diabetes               <ol style="list-style-type: none"> <li>1. Type I</li> <li>2. Type II</li> <li>3. Other Types</li> </ol> </li> <li>F. Clinical Manifestations</li> <li>G. Medical Management               <ol style="list-style-type: none"> <li>1. Dietary Management</li> <li>2. Medication                   <ol style="list-style-type: none"> <li>a. Oral Hypoglycemics                       <ol style="list-style-type: none"> <li>1. Biguanides</li> <li>2. Sulfonylureas</li> <li>3. Meglitinides</li> <li>4. Alpha-Glucosidase Inhibitors</li> <li>5. Thiazolidinediones</li> <li>6. Dipeptidyl Peptidase-4 Inhibitors</li> </ol> </li> <li>b. Insulin Therapy                       <ol style="list-style-type: none"> <li>1. Action</li> <li>2. Types</li> </ol> </li> </ol> </li> </ol> </li> </ol>		<p>Class Preparation:</p> <ul style="list-style-type: none"> <li>• ATI Diabetes Custom Assessment (not for ATI points)</li> </ul> <p>Handout: Outline of Diabetes</p> <p>Diabetes Overview Poster</p> <p>CADSCAN for Insulin Insulin Lab Insulin Poster</p>	<p>ATI Diabetes Custom Assessment as Preparation</p> <p>ATI Medication Templates: Oral Hypoglycemics</p>	

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<ul style="list-style-type: none"> <li>3. Methods of administration</li> <li>4. Side effects</li> <li>3. Nutritional Therapy</li> <li>4. Exercise</li> <li>5. Self-Monitoring</li> <li>H. Acute Complications               <ul style="list-style-type: none"> <li>1. Hyperglycemia                   <ul style="list-style-type: none"> <li>a. Ketoacidosis (DKA)</li> <li>b. Hyperosmolar Hyperglycemic Syndrome (HHS)</li> </ul> </li> <li>2. Hypoglycemia</li> </ul> </li> <li>I. Long Term Complications               <ul style="list-style-type: none"> <li>1. Macrovascular                   <ul style="list-style-type: none"> <li>a. Cerebrovascular</li> <li>b. Cardiovascular</li> <li>c. Peripheral vascular</li> </ul> </li> <li>2. Microvascular                   <ul style="list-style-type: none"> <li>a. Retinopathy</li> <li>b. Nephropathy</li> <li>c. Neuropathy                       <ul style="list-style-type: none"> <li>1. Sensory</li> <li>2. Autonomic</li> </ul> </li> </ul> </li> </ul> </li> <li>J. Nursing Process</li> <li>K. Sick Day Rules</li> <li>L. Gerontologic Considerations</li> <li>M. Patient Education needs of the disease process, treatment, and self-management</li> </ul>				EXAM