

**Beebe Healthcare**  
**Margaret H. Rollins School of Nursing**  
**N102- Nursing Care of Adults**

**Benign Prostatic Hyperplasia**

**Patient Profile:**

J.R. is a 69-year-old male who goes to see his healthcare provider because he has been having difficulty urinating and dribbling for the past year, and it has gradually gotten worse. He has a history of hypertension and a myocardial infarction five years ago. He is currently taking the following medications:

Hydrochlorothiazide 25 mg po every morning  
Metoprolol 50 mg po BID  
Potassium chloride 20 mEq po daily  
Aspirin 81 mg po daily

**Subjective data:**

Has difficulty starting to urinate and when the urine flow does start, it is a slow stream, the urine flow stops and starts several times while voiding, and there is dribbling at the end; gets up at least twice per night to void; has been going on for about one year and has increasingly worsened

**Objective data:**

**PE:**

98.4-72-18-138/78-98% RA; H: 5'8'' W: 255 lb  
Penis circumcised, no lesions or discharge noted  
Scrotum symmetric, no masses, descended testes  
No inguinal hernia  
Digital rectal exam- prostate enlarged symmetrically, firm and smooth

**Dx:**

UA with cx:

Color: amber yellow  
Odor: aromatic  
Protein: trace  
Glucose & Ketones: none  
Specific gravity: 1.018  
pH: 6.2  
RBCs: 3/hpf; WBCs: 0; bacteria: none  
  
PSA: 3ng/mL  
  
Post void residual scan: 175 mL

## Collaborative Care:

Transurethral resection of the prostate (TURP) for benign prostatic hyperplasia (BPH).

## Discussion Questions:

1. What is benign prostatic hyperplasia?
  - It's an abnormal increase in the number of cells, it's the overgrowth of smooth muscle and connective tissue; also glandular tissue (grows inward)
2. What are J.R.'s clinical manifestations of BPH?
  - Has difficulty starting to urinate, which leads to a weak stream, gets up 2 times a night to use the restroom, urinary retention
3. What are some medications that are used to treat BPH?
  - Alpha adrenergic receptor blockers (terazosin, tamsulosin), 5 alpha-reductase inhibitors (finasteride, dutasteride)
4. What preoperative nursing care do you anticipate prior to J.R.'s TURP surgery?
  - The preoperative nursing care is take make sure the patient is fasting, insert a 3 way foley catheter for bladder drainage and irrigation.
5. What nursing care after a TURP do you anticipate in the initial postoperative period?
  - Prevent obstruction, irrigate to remove clots, true urine value, remove per MD order, record the time and amount of voiding post catheter
6. What teaching should J.R. receive prior to discharge home?
7. – Perineal exercises: Kegel, avoid heavy lifting for 4-6 weeks, no straining, avoid long periods of sitting, hydration, follow up with the doctor