

**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?  
BPH has an abnormal increase in the number of cells and an overgrowth of smooth muscle and connective tissues. BPH etiology is unknown. There is an increase in estrogen and decrease in testosterone, decreasing DHT and promoting cell growth.
2. What are J.R.'s clinical manifestations of BPH?  
JR is having trouble with forming a stream urinating, dribbling at the end, and nocturia.
3. What are some medications that are used to treat BPH?  
We can use alpha adrenergic receptor blockers and 5 alpha-reductase inhibitors to treat BPH.
4. What preoperative nursing care do you anticipate prior to J.R.'s TURP surgery?  
We use DVT prophylaxis, patient education, and NPO status to prepare for TURP surgery.
5. What nursing care after a TURP do you anticipate in the initial postoperative period?  
Nursing care that I would provide would be monitoring I&O, risk for infection, and administer analgesics for pain.
6. What teaching should J.R. receive prior to discharge home?  
Teaching that JR would receive prior to discharge is maintaining a NPO diet, no heavy lifting 4-6wks, and avoid long periods of sitting.