

Courtney  
David

due  
Friday 03/03

**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?
  - ↑ estrogen and ↓ testosterone, ultimately increasing DHT (dihydroxytestosterone) - promotes cell growth
  - abnormal increase in the number of cells
  - overgrowth of smooth muscle + connective tissue, also glandular tissue (grows inward)
2. What are J.R.'s clinical manifestations of BPH?
  - urinary stream lacks force
  - nocturia
  - Hesitancy, dribbling @ end of stream
  - urinates frequently, ◦ Hematuria
  - acute urinary retention
3. What are some medications that are used to treat BPH?
  - alpha adrenergic receptor blockers
    - ↳ terazosin (Hytrin), tamsulosin (Flomax)
  - 5 alpha-reductase inhibitors
    - ↳ finasteride (Proscar), dutasteride (Avodart)
4. What preoperative nursing care do you anticipate prior to J.R.'s TURP surgery?
  - NPO after midnight
  - bowel prep night before
  - Hold Aspirin until MD allows
5. What nursing care after a TURP do you anticipate in the initial postoperative period?
  - continuous bladder irrigation
  - Hematuria - expected for several days post-op
    - ↳ slight pink - up to 6 weeks after
6. What teaching should J.R. receive prior to discharge home?
  - avoid heavy lifting for 4-6 weeks
  - no straining
  - avoid long periods of sitting
  - hydration
  - follow up care for recurrent hyperplasia or cancer
  - perineal exercises - kegal
  - tissue sloughing - Hemorrhage