

MARGARET H. ROLLINS SCHOOL OF NURSING
Nursing 102 – Nursing Care of Adults
Unit IV - Gastrointestinal System (1)
Class Prep

Part 1-Match the following GI terms to the correct definition.

- | | |
|--------------------------|---|
| 1. <u>C</u> Borborygmi | A. Black tarry stool |
| 2. <u>A</u> Melena | B. Fatty Stools |
| 3. <u>E</u> Pyrosis | C. Loud, gurgling bowel sounds |
| 4. <u>B</u> Steatorrhea | D. Bright red blood in the stool |
| 5. <u>D</u> Hematochezia | E. Heartburn |
| 6. <u>F</u> GERD | F. Reflux of stomach acid into esophagus |

Part 2-Complete and ATI Learning Template on Gastroesophageal Reflux Disease (GERD). Attach to the second page of this document or submit separately to the drop box.

ACTIVE LEARNING TEMPLATE: System Disorder

STUDENT NAME Caroline Maul

DISORDER/DISEASE PROCESS GERD

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
Gastroesophageal reflux disease

Pathophysiology Related to Client Problem
Acidic gastric contents overwhelming the esophagus. This causes esophageal irritation/inflammation

Health Promotion and Disease Prevention
Manage symptoms

ASSESSMENT

Risk Factors

- NSAID use
- hiatal hernia
- Obesity
- smoking
- incomplete LES

Expected Findings

- pyrosis
- Angina relieved from anti-acids
- wheezing, coughing, dyspnea
- nighttime discomfort

Laboratory Tests

- pH monitoring

Diagnostic Procedures

based off symptoms

- ↳ endoscopy for LES competence and view inflammation, scarring and stricture
- ↳ biopsy
- ↳ esophageal pH monitoring

SAFETY CONSIDERATIONS

• long term PPI's lead to ↑ risk for fx

PATIENT-CENTERED CARE

Nursing Care

- raise HOB
- educate to stop smoking

Medications

- PPI's
- antacids
- prokinetics
- H₂ receptor blockers

Client Education

- avoid trigger foods
- elevate HOB 30°
- don't lay down for 2-3 hours after meals
- stop smoking

Therapeutic Procedures

- Nissen fundoplication
- Toupet fundoplication
- fundus of stomach wrapped around lower-esophagus

Interprofessional Care

- nurse
- OT
- sx team

Complications

- esophagitis
- ulcers
- scar formation, stricture, dysphagia
- Barrett esophagus
 - ↳ flat epithelial cells in esophagus turn into columnar epithelial cells