

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.

System Disorder

STUDENT NAME Chloe Sylvester

DISORDER/DISEASE PROCESS GERD

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
Gastroesophageal Reflux Disease

Pathophysiology Related to Client Problem
Result of acidic gastric contents overwhelming the esophagus
↳ causes esophageal irritation and inflammation

Health Promotion and Disease Prevention
**prevent dysphagia
; manage symptoms**

ASSESSMENT

Risk Factors
• incomplete LES • NSAID use
• obesity
• Smoking
• hiatal hernia

Expected Findings
• pyrosis
• angina → relieved by anti-acids
• wheezing, coughing, dyspnea
• nighttime discomfort

SAFETY CONSIDERATIONS

• long term PPIs
↳ leads to ↑ risk for hip, wrist and spine fx

Laboratory Tests
• pH monitoring

Diagnostic Procedures
*Symptom based
- Can do endoscopy for LES competence and to view any inflammation, scarring, stricture
- biopsy
- esophageal pH monitoring

PATIENT-CENTERED CARE

Nursing Care
• Maintain HOB 30° or >
• educate to stop smoking

Medications
• PPIs
• H₂ receptor blockers
• antacids
• prokinetics

Client Education
• avoid trigger foods
• elevate HOB 30°
• do NOT lay down for 2-3 hrs after meals
• stop smoking

Complications

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

Therapeutic Procedures
- nissen fundoplication
- Toupet fundoplication
- fundus of stomach is wrapped around lower esophagus to repair weak barrier

Interprofessional Care
- nurse
- OT (swallow test)
- Surgery team

