

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS Gastroesophageal Reflux Disease (GERD) REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

esophageal varices
hiatal hernia
gastric reflux diseases
heart burn

Pathophysiology Related to Client Problem

Gastric content and enzymes backflow into the esophagus

Health Promotion and Disease Prevention
Maintain a healthy weight below BMI of 30
Avoid eating or drinking 2 hours before bed
elevate head of bed 6-8 inches

ASSESSMENT

Risk Factors

- Obesity
- old age
- sleep apnea.
- nasogastric tube

Expected Findings

dyspepsia (indigestion)
Radiating pain in the neck, back or jaw
feeling of having a heart attack
chest congestion

Laboratory Tests

esophageal PH monitoring
barium contrast

Diagnostic Procedures

- esophagogastroduodenoscopy (EGD)
- esophageal manometry
- barium swallow study
- ct scan with contrast

SAFETY CONSIDERATIONS

long term use of PPI's can increase the risk for fractures.
Risk for aspiration following a EGD procedure

PATIENT-CENTERED CARE

Nursing Care

Place client in semi-fowlers position during meals and 1-2 hours after
review the client's lifestyle and discuss changes to reduce GERD

Medications

- PPI- proton pump inhibitors
- omeprazole
- esomeprazole
- rabeprazole
- lansoprazole
- antacids
- Histamine receptor antagonist

Client Education

Avoid foods that contain carbonatation.
Avoid large meals
remain sitting upright after eating

Therapeutic Procedures

Stretta procedure
Clear liquid diet after procedure
drug therapy.

Interprofessional Care

Gastroenterologist
nutritionist
primary care doctor

Complications

aspiration of gastric secretion
asthma exacerbations
frequent upper respiratory infections, sinus, or ear infections