

ACTIVE LEARNING TEMPLATE: System Disorder

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DISORDER/DISEASE PROCESS Gastroesophageal reflux disease (GERD) REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Corrosive contents from the stomach back flow and irritate the esophageal tissue

Pathophysiology Related to Client Problem

Reflux is excess due to an incompetent LES, pyloric stenosis, hiatal hernia, excessive intra-abdominal or intragastric pressure or motility problems

Health Promotion and Disease Prevention

- Maintain weight < 30 BMI
- Stop smoking
- Avoid alcohol/tobacco
- Eat low fat diet
- Avoid tight fitting clothes

ASSESSMENT

Risk Factors

- Obesity
- Older age
- Sleep apnea
- Nasogastric tube

Expected Findings

- Report of dyspepsia
- Radiating pain
- Report of feeling like having a heart attack
- Pyrosis . Pain relieved by water,
- Odynophagia sitting upright / taking
- Dental caries antacids

Laboratory Tests

- Endoscopy with biopsy
- Cytology screening for Barrett's esophagus

Diagnostic Procedures

- EGD . Esophageal PH monitoring
- Esophageal manometry
- Barium Swallow

SAFETY CONSIDERATIONS

- Use Histamine₂ receptors cautiously in pts who have kidney disease
- Monitor kidney function in pts taking magnesium hydroxide
- Long term use of PPIs increase risk of fractures, especially in older adults

PATIENT-CENTERED CARE

Nursing Care

- Encourage small meals
- Educate smoking cessation
- Keep HOB ≥ 30°

Medications

- Proton pump inhibitors (azole)
- Antacids
- Histamine₂ receptor antagonist
- Prokinetics

Client Education

- Avoid large meals
- Avoid carbonated beverages
- Remain upright after eating
- Avoid eating before bedtime

Therapeutic Procedures

- Stretta, radio frequency energy applied by endoscope decrease vagus nerve activity. Causes LES muscle tissue to contract
- Fundoplication, fundus wrapped behind esophagus through laparoscope, creates physical barrier

Interprofessional Care

- Radiology
- Dietitian
- Surgeon
- Gastroenterologist

Complications

- Aspiration of gastric secretion
- Barrett's epithelium (pre-malignant) and esophageal adenocarcinoma
- Hiatal hernia

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.