

System Disorder

STUDENT NAME _____

DISORDER/DISEASE PROCESS _____

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Gastroesophageal reflux disease that is characterized by heart burn or pyrosis.

Pathophysiology Related to Client Problem

Gastric content and enzyme backflow into the esophagus

Health Promotion and Disease Prevention

Maintain a wt. below BMI of 30, stop smoking, limit/avoid alcohol and tobacco use, avoid caffeinate drinks, chocolate, citrus fruits as it lowers the LES pressure

ASSESSMENT

Risk Factors

Obesity, older age delays gastric emptying, sleep apnea, nasogastric tube

Expected Findings

Report of dyspepsia after eating an offending food, fluid and regurgitation, reports of a feeling of having a heart attack, pyrosis, odynophagia, pain that occurs after eating lasting 20 min. to 2 hrs

Laboratory Tests

PH testing

Diagnostic Procedures

Esophagogastroduodenoscopy (EGD) - identify tissue damage and dilate strictures.
Esophageal pH monitoring,
Esophageal manometry, Barium swallow

SAFETY CONSIDERATIONS

- Can be harmful taken with other medications that can amplify the symptoms of GERD
- Using proton pump inhibitors for a long time may increase the risk of fx, hip or spine

PATIENT-CENTERED CARE

Nursing Care

- Suggest diet and lifestyle modification
- Have pt. sit upright for 2-3 hours after eating

Medications

- Proton pump inhibitor (Pantoprazole)
- Antiacids
- Histamine 2 receptor antagonists (Famotidine)
- Prokinetics (Metoclopramide)

Client Education

- Life styles changes : do not smoke and try to avoid alcohol
- eliminate food that irritate esophagus
 - Eat small meals throughout the day

Therapeutic Procedures

- Stretta
- Fundoplication
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Interprofessional Care

Nutritionist and dietitian to help them with diet changes and ways to maintain a healthy weight.

Complications

- Aspiration of gastric secretions
- Barrett's epithelium (pre malignant) and esophageal adenocarcinoma