

Beebe Healthcare
Margaret H. Rollins School of Nursing
N102- Nursing Care of Adults

Benign Prostatic Hyperplasia

Patient Profile:

J.R. is a 69-year-old male who goes to see his healthcare provider because he has been having **difficulty urinating and dribbling** for the past year, and it has **gradually gotten worse**. He has a history of **hypertension** and a **myocardial infarction five years ago**. He is currently taking the following medications:

Hydrochlorothiazide 25 mg po every morning
Metoprolol 50 mg po BID
Potassium chloride 20 mEq po daily
Aspirin 81 mg po daily

Subjective data:

Has **difficulty starting to urinate and** when the urine flow does start, it is a **slow stream**, the urine flow **stops and starts several times while voiding**, and there is **dribbling at the end**; gets up at **least twice per night to void**; has been going on for about **one year** and has **increasingly worsened**

Objective data:

PE:

98.4-72-18-**138/78**-98% RA; H: 5'8'' W: 255 lb
Penis circumcised, no lesions or discharge noted
Scrotum symmetric, no masses, descended testes
No inguinal hernia
Digital rectal exam- **prostate enlarged** symmetrically, firm and smooth

Dx:

UA with cx:

Color: **amber yellow**
Odor: **aromatic**
Protein: **trace**
Glucose & Ketones: none
Specific gravity: 1.018
pH: **6.2**
RBCs: 3/hpf; WBCs: 0; bacteria: none

PSA: 3ng/mL

Post void residual scan: **175 mL**

Collaborative Care:

Transurethral resection of the prostate (TURP) for **benign prostatic hyperplasia** (BPH).

Discussion Questions:

1. What is benign prostatic hyperplasia?

Non-cancerous increase in size of the prostate gland

2. Document J.R.'s subjective and objective findings.

Pt has difficulty starting to urinate, starts slow and has dribble post voiding. When voiding stream will start and stop. Complains of Nocturia and has gotten worse. Enlarged prostate resection. PVR was 175ml, pH 6.2- acidic, protein trace, amber yellow color with aroma.

3. Identify abnormal lab values. What do they mean?

pH 6.2 – this means the urine is very acidic

Protein trace- found in the urine shows dysfunction of kidneys

Amber yellow urine- dehydration and poor kidney functioning

Aroma in the urine- sign of UTI

PVR- 175ml sign of retention of urine anything above 150 ml post voiding

4. What are some medications that are used to treat BPH?

Alpha adrenergic receptor blockers, 5 alpha reductase inhibitors and antibiotics

5. What preoperative nursing care do you anticipate prior to J.R.'s TURP surgery?

Enema, NPO, prevention of blood clots

6. What nursing care after a TURP do you anticipate in the initial postoperative period?

CBI, I&O, pain relief, risk of thrombosis, risk of infection,

7. What teaching should J.R. receive prior to discharge home?

Slow walks, rest when tired, nothing put in rectum, don't lift anything heavier than 5lbs