

**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?
  - It is a non cancerous enlargement of the prostate gland.
2. Document J.R.'s subjective and objective findings.
  - J.R. experiences difficulty starting to urinate, slow urine stream, starts and stops while urinating, gets up twice a night to urinate, and worsening symptoms over a year.  
Objective: Enlarged, firm, and smooth prostate on digital rectal exam, post-void residual scan shows 175 mL, PSA level at 3ng/mL, UA with trace protein and 3 RBCs/hpf.
3. Identify abnormal lab values. What do they mean?
  - Elevated rbcs can indicate UTI or kidney stones.
4. What are some medications that are used to treat BPH?
  - SSRIS, alpha blockers, doxazosin, tamsulosin, finasteride
5. What preoperative nursing care do you anticipate prior to J.R.'s TURP surgery?
  - Education of the procedure risk and benefits, educations of medications.
6. What nursing care after a TURP do you anticipate in the initial postoperative period?
  - Monitoring vitals, monitoring UO, monitoring for infection, pain management, monitoring for bleeding, encouraging ambulation.
7. What teaching should J.R. receive prior to discharge home?
  - Medication adherence, lifestyle modification