

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME Alex Brzozowski

DISORDER/DISEASE PROCESS GERD

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
GERD

Pathophysiology Related to Client Problem
Gastric contents flow back into the esophagus, causing irritation and damage

Health Promotion and Disease Prevention
Exercise, avoiding foods that trigger the reflux, sleeping with head elevated

ASSESSMENT

Risk Factors
Obesity, smoking, large meals or fatty meals, laying down after eating, stress, lack of exercise

Expected Findings
heartburn, regurgitation, dysphagia chest pain, hoarseness, chronic cough

Laboratory Tests
Esophageal pH monitoring, impedance pH monitoring

Diagnostic Procedures
Endoscopy, barium esophageal

SAFETY CONSIDERATIONS

- Medications
- Smoking cessation
- Exercise
- Dietary changes

PATIENT-CENTERED CARE

Nursing Care
Symptom management, focus on dietary and lifestyle modification, medication education

Medications
Proton Pump Inhibitors (pantoprazole)

Client Education
Importance of taking medications, changing diet if needed, not laying down directly after meals

Therapeutic Procedures
Surgery, lifestyle changes, and medications

Interprofessional Care
Symptom management, focus on dietary and lifestyle modification, medication education

Complications
Esophagitis
Barretts esophagus
Esophageal stricture