

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS Gastroesophageal Reflux Disease

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
A chronic condition where stomach acid backs up into the

Pathophysiology Related to Client Problem
Caused from weakening of the lower esophageal sphincter, allowing gastric acid contents to reflux into the esophagus

Health Promotion and Disease Prevention
Maintain a healthy weight, avoid trigger foods, eat smaller meals,

ASSESSMENT

Risk Factors
Obesity, hiatal hernias, smoking/alcohol, dietary habits, NSAIDs, CCB, Pregnancy

Expected Findings
Heartburn, dysphagia, cough, sore throat, hoarseness, chest pain, bloating, regurgitation

Laboratory Tests
CBC, CRP, ESR, H. Pylori Testing, pH Monitoring

Diagnostic Procedures
EGD, 24-hr pH monitoring, Esophageal Manometry, Barium Swallow Studies

SAFETY CONSIDERATIONS

Weight management
Elevating HOB
Avoid lying down after eating

PATIENT-CENTERED CARE

Nursing Care
Educate on lifestyle + dietary changes
Medication Administration
Monitor for weight loss and dysphagia

Medications
Proton Pump Inhibitors
H2 Receptor Blockers
Antacids
Prokinetics

Client Education
Avoid lying down after eating, GERD-friending diet, loose fitting clothing, take meds as prescribed

Therapeutic Procedures
Medications, Endoscopic Procedures, Nissen Fundoplication

Interprofessional Care
Gastroenterologist, Dietitian, Pulmonologist, Dentist, PCP, Nurse, CNA

Complications
Esophagitis
Esophageal Strictures
Barrett's Esophagus
Aspiration Pneumonia
Dental Erosion

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.

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|------------------------------|---|
| 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.