

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____

DISORDER/DISEASE PROCESS GERD

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
 Deficient Knowledge
 Insufficient Nutrition
 Risk for Aspiration

Pathophysiology Related to Client Problem
 LES is incompetent and has decreased pressure which leads to reflux of gastric contents into esophagus and gastric irritation

Health Promotion and Disease Prevention
 Avoid alcohol/smoking
 weight management

ASSESSMENT

Risk Factors
 Hiatal Hernia
 Obesity
 Pregnancy
 Smoking
 Activities that increase abdominal pressure.

Expected Findings
 Dyspepsia/ pyrosis
 substernal burning
 regurgitation
 bloating
 dysphagia
 Aspiration

Laboratory Tests
 pH monitoring
 Radionuclide study

Diagnostic Procedures
 H&P Motility study
 Upper GI Endoscopy
 Bioscopy
 Esophagram

SAFETY CONSIDERATIONS

elevate head of bed
 Aspiration

PATIENT-CENTERED CARE

Nursing Care
 Patient education

Medications
 Antacids
 H2 Blockers
 PPI's

Client Education
 small frequen meals
 avoid triggers
 avoid alcohol/smoking
 don't lay down after meals

Therapeutic Procedures
 To strengthen LES
 Enhanced function of LES

Interprofessional Care
 relieve sx & prevent complications

Complications

Esophagitis
 Esophageal structure
 Barret's Esophagus (BE) - precancerous condition
 esophageal Erosion =cancer
 Respiratory Complications
 Dental erosion