

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME Riley Osborne

DISORDER/DISEASE PROCESS GERD REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
gastroesophageal reflux, acid reflux

Pathophysiology Related to Client Problem
reflux of gastric contents into the esophagus

Health Promotion and Disease Prevention
weight loss, limiting meds, avoid smoking and alcohol, triggering foods

ASSESSMENT

<p>Risk Factors</p> <p>Obesity, Dietary factors, Use of certain medications such as NSAIDs or calcium channel blockers, Family history of GERD, Pregnancy, Alcohol or tobacco use, gastricsleeve</p>	<p>Expected Findings</p> <p>heartburn, regurgitation, esophageal and extraesophageal s/s, chest pain, N/V, sore throat, bloating</p>
<p>Laboratory Tests</p> <p>esophagel pH</p>	<p>Diagnostic Procedures</p> <p>H&P, physical exam, empiric therapy, upper endoscopy, barium swallow, bronchoscopy</p>

SAFETY CONSIDERATIONS

PATIENT-CENTERED CARE

<p>Nursing Care</p> <p>pain management, client teaching</p>	<p>Medications</p> <p>proton pump inhibitors antacids prokinetics</p>	<p>Client Education</p> <p>smaller more frequent meals, no late night eating, avoid smoking, sit up for 3 hours after eating</p>
<p>Therapeutic Procedures</p>	<p>Interprofessional Care</p>	

Complications

teeth erosion
stricture
reflux cough
reflux laryngitis