

**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.**

- |                          |  |
|--------------------------|--|
| 1. <u>c</u> Borborygmi   | <del>A</del> Black tarry stool                     |
| 2. <u>a</u> Melena       | <del>B</del> Fatty Stools                          |
| 3. <u>e</u> Pyrosis      | <del>C</del> Loud, gurgling bowel sounds           |
| 4. <u>b</u> Steatorrhea  | <del>D</del> Bright red blood in the stool         |
| 5. <u>d</u> Hematochezia | <del>E</del> Heartburn                             |
| 6. <u>f</u> GERD         | <del>F</del> 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.**

# System Disorder

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DISORDER/DISEASE PROCESS Gastroesophageal Reflux Disease (GERD) REVIEW MODULE CHAPTER \_\_\_\_\_

### Alterations in Health (Diagnosis)

Symptom of mucosal damage caused by reflux of stomach acid into lower esophagus (GERD)

### Pathophysiology Related to Client Problem

lower esophageal sphincter less competent, ↓ pressure that leads to the reflux of gastric contents into the esophagus

### Health Promotion and Disease Prevention

lifestyle modifications, drug therapy, nutrition therapy

### ASSESSMENT

#### Risk Factors

- ~ hiatal hernia
- ~ obesity
- ~ pregnancy
- ~ smoking
- ~ activities that ↑ intra-abdominal pressure
- ~ NSAIDs/K<sup>+</sup> can irritate esophageal mucosa

#### Expected Findings

- ~ dyspepsia/pyrosis
- ~ hoarseness/sore throat/cough/wheezing
- ~ radiating pain to jaw/neck/back
- ~ regurgitation
- ~ warm fluid ↑ throat without nausea
- ~ belching/flatulence
- ~ dysphagia
- ~ odynophagia
- ~ aspiration
- ~ bloating

### SAFETY CONSIDERATIONS

- ~ elevate HOB sit up after meals to prevent aspiration
- ~ avoid reflux-inducing foods (fatty, chocolate, peppermint)
- ~ long term use/↑ dose of PPI can ↑ the risk for hip, wrist, and spine fractures

#### Laboratory Tests

- ~ pH monitoring
- ~ biopsy/cytologic specimens
- ~ radionuclide test

#### Diagnostic Procedures

- ~ H&P
- ~ upper GI endoscopy
- ~ biopsy
- ~ esophagram
- ~ pH monitoring
- ~ motility (mammetry) study
- ~ radionuclide study

### PATIENT-CENTERED CARE

#### Nursing Care

- ↳ elevated HOB (30°)
- ↳ encourage light exercise after meals

#### Medications

- ~ antacids
- ~ histamine (H<sub>2</sub>) receptor antagonists
- ~ proton pump inhibitors

#### Client Education

- ↳ avoid triggers
- ↳ small frequent meals
- ↳ avoid alcohol
- ↳ avoid late night snacks/meals

#### Therapeutic Procedures

- ~ surgery
- ~ drug therapy
- ~ endoscopic therapy

#### Interprofessional Care

- ~ smoking cessation
- ~ coping w/ stress
- ~ maintain healthy weight
- ~ no alcohol use
- ~ ↑ physical activity

### Complications

- ~ esophagitis
- ~ esophageal stricture
- ~ Barrett's esophagus (precancerous)
- ~ esophageal erosion (cancer)
- ~ respiratory complications (cough, bronchospasm, laryngospasm, cricopharyngeal spasm)
- ~ dental erosion