

**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   | 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.**

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS GERD gastroesophageal reflux disease

REVIEW MODULE CHAPTER

**Alterations in Health (Diagnosis)**

GERD

**Pathophysiology Related to Client Problem**

gastric content and enzyme backflow into the esophagus, esophageal tissue to the acidic fluids, causing more irritation.

**Health Promotion and Disease Prevention**

avoid eating before bed, maintain healthy weight, avoid straining/vigorous exercise

**ASSESSMENT**

**Risk Factors**

obesity, older age (delayed gastric and weakened LES tone), sleep apnea, NG tube

**Expected Findings**

dyspepsia( indigestion), radiating pain to jaw/neck/back, feelings of MI, burning in esophogues, pain swallowing, pain in position change, 4/5 times a week, chest congestion and wheezing

**Laboratory Tests**

n/a

**Diagnostic Procedures**

esophagogastroduenoscopy (EGD), esophageal pH monitoring, esophageal manometry, barium swallow

**SAFETY CONSIDERATIONS**

Avoid eating before bedtime

Avoid lifting heavy objects.

Do not take NSAIDs for 10 days following the procedure

**PATIENT-CENTERED CARE**

**Nursing Care**

verify gag reflex after surgery, monitor side effects of medications

**Medications**

proton pump inhibitor (-azole), antacids, histamine 2 receptor antagonists, prokinetics

**Client Education**

maintain diet soft diet and avoid large meals, take daily walks, avoid lifting heavy objects, report S&S NV, pain, dysphagia

**Therapeutic Procedures**

stretta (decreases vagus nerve activity)  
fundoplication (stomach wrapped around the esophagous to create physical barrier)

**Interprofessional Care**

gastroenterologist, dietcian, pharmacy, radiology

**Complications**

aspiration of gastric contents, barretts epithelium, esophageal adenocarcinoma, hiatal hernia