

# System Disorder

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DISORDER/DISEASE PROCESS GERD (Gastroesophageal reflux disease) REVIEW MODULE CHAPTER \_\_\_\_\_

**Alterations in Health (Diagnosis)**  
 Regurgitation of gastric contents back up into the esophagus

**Pathophysiology Related to Client Problem**  
 The lower esophageal sphincter does not create a tight close to stop back flow

**Health Promotion and Disease Prevention**  
 Can be prevented through lifestyle modifications

**ASSESSMENT**

**Risk Factors**  
 -Age (above 50)  
 -Eating spicy food  
 -Drinking caffeine  
 -Smoking  
 -Obesity  
 -Decreased physical activity  
 -Laying down after eating

**Expected Findings**  
 -Heartburn  
 -Sour taste in mouth after eating  
 - Trouble swallowing  
 -Upper abdominal pain  
 -Pain with swallowing

**Laboratory Tests**  
 N/A

**Diagnostic Procedures**  
 -Esophageal pH Monitoring Test  
 -EGD

**SAFETY CONSIDERATIONS**

Higher risk for esophageal cancer and Barretts disease

**PATIENT-CENTERED CARE**

**Nursing Care**  
 -Promote a calming environment  
 -Promote physical activity  
 -Promote a healthy diet

**Medications**  
 -Proton Pump Inhibitor  
 -H2 Blockers

**Client Education**  
 -Encourage a healthy lifestyle  
 -Avoid certain foods such as spicy foods and chocolate  
 -Cessation of smoking or drinking  
 -Have last meal three hours before bedtime  
 -Avoid laying down after eating

**Therapeutic Procedures**  
 -Endoscopic dilation  
 -Reinforcing of LES (Nissan fundoplication procedure)

**Interprofessional Care**  
 -Gastrointestinal Doctor  
 -Nutritionist  
 -SLPs

**Complications**  
 -Electrolyte imbalance  
 -Bleeding  
 -Esophageal strictures  
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