

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS GERD

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
 -Risk for aspiration
 -Chronic pain

Pathophysiology Related to Client Problem
 stomach content regurgitates upwards into the esophagus

Health Promotion and Disease Prevention
 Dirt and lifestyle modification

ASSESSMENT

Risk Factors
 -obesity
 -smoking
 -hiatal hernia
 -diet

Expected Findings
 -pyrosis-heart burn
 -Chest pain
 -N/V/D
 -sore throat

Laboratory Tests
 -esophageal Ph monitoring
 -salivary Pepsin test

Diagnostic Procedures
 -endoscopy (upper)
 -barium Swallow test
 -esophageal manometry -measures esophageal muscles (spincter)

SAFETY CONSIDERATIONS

* aspiration risk
 * monitor chest pain (gerd or angina)

PATIENT-CENTERED CARE

Nursing Care
 dietary and life style modification

Medications
 -antacids
 -proton pump Inhibitors
 -H2 blocker
 -Prokinetics

Client Education
 -smoking cellation
 -dist modification
 -maintain a healthy weight

Therapeutic Procedures
 elevate HOB during and 30 min post meals, OOB to chair if possible.

Interprofessional Care
 CNA, RN, hospitalist, labs, pharmacy, gastroenterologist, nutrition

Complications
 -esophagitis
 -aspiration