

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS GERD

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

- Impaired Nutritional Intake
- Risk for aspiration
- Chronic Pain

Pathophysiology Related to Client Problem

gastric contents regurgitate back up into the esophagus, it can cause a burning sensation in this area, irritation of the throat, or chest pain. It occurs when the LES valve fails to close tightly to prevent backflow of secretions from the stomach.

Health Promotion and Disease Prevention

- Smoking Cessation
- Maintain BMI below 30
- Avoid Alcohol

ASSESSMENT

Risk Factors

- Obesity
- Smoking
- Connective Tissue Disorder
- Pregnancy
- Stress
- Anticholinergic
- NSAIDs
- Aspirin

Expected Findings

- Chest Pain
- Regurgitation
- Sour Taste
- Dyspepsia
- Dysphagia
- N/V
- Hoarseness
- belching
- chronic cough

Laboratory Tests

- Esophageal pH

Diagnostic Procedures

- Upper endoscopy w biopsy
- Upper GI series or barium swallow
- Bronchoscopy
- Radionuclide scintigraphy

SAFETY CONSIDERATIONS

PATIENT-CENTERED CARE

Nursing Care

- Teach avoid eating fatty foods
- Elevate HOB 30-45 degrees
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Medications

- Proton Pump Inhibitors
- Antacids
- Histamine H2 receptor agonists
- Prokinetics (promotility)

Client Education

- Avoid Acidic pH drinks
- Smoking Cessation

Therapeutic Procedures

- laparoscopic fundoplication

Interprofessional Care

- Gastroenterologists

Complications

- Esophagitis
- Barrett's esophagus
- Bronchospasm
- laryngospasm