

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME **Kevin Juarez**

DISORDER/DISEASE PROCESS **GERD Gastroesophageal Reflux Disease**

Alterations in Health (Diagnosis): Disorder in which stomach acids travel up the esophagus, causing irritation to the esophageal lining

Pathophysiology Related to Client Problem: It happens when the LES valve does not close properly, allowing stomach contents to flow back into the esophagus.

Health Promotion and Disease Prevention: Eat a balanced diet, exercise regularly, and stay hydrated. Manage stress, get check-ups, and wash your hands. Get vaccinated, wear sunscreen, and avoid smoking and too much alcohol.

ASSESSMENT

Risk Factors: Consumption of spicy foods and caffeine-laden drinks, smoking, increased prevalence of obesity, decreased physical activity, age 50 years or older, white ethnicity, low socioeconomic status, excessive alcohol consumption

Expected Findings: May often have heartburn, which can feel like chest pain, regurgitation, or a sour taste in their mouth after eating. Might also have trouble swallowing, painful swallowing, belching, nausea or vomiting, a hoarse voice, or a chronic cough.

Laboratory Tests: electrolyte levels, CBC, LFT, amylase and lipase levels

Diagnostic Procedures: Esophagogastroduodenoscopy (EGD), ambulatory esophageal reflux monitoring (ambulatory pH monitoring), bravo probe, esophageal manometry, barium swallow (Upper GI Series), impedance monitoring,

SAFETY

Considerations: safety for their higher risk of Barrett's esophagus and esophageal cancer. Recommend that they see a gastroenterologist for regular check-ups and monitoring of their esophageal tissue.

PATIENT-CENTERED CARE

Nursing Care: address lifestyle factors, stress, weight. Teach relaxation techniques and stress management. Encourage dietary and exercising change to help with weight loss

Medications: medications to reduce, inhibit, or neutralize gastric acid. These include H2 blockers (cimetidine, famotidine), PPIs (pantoprazole, omeprazole), and antacids (Tums, Milk of Magnesia).

Client Education: Healthy weight, avoid tight clothes, no smoking. No carbonated drinks, ETOH, fried/spicy foods, caffeine, and chocolate. Eat meals 3 hrs. before bed, don't lie down after eating, sleep on left side. Maintain good oral hygiene. Use pillows.

Therapeutic Procedures: lifestyle changes, medications, and surgical interventions such as endoscopic dilation or Nissen fundoplication

Interprofessional Care: collaboration among healthcare providers, gastroenterologists, primary care doctors, dietitians, and nurses.

Complications: inflammation of the esophagus, painful ulcers, narrowing of the esophagus, cell changes increasing cancer risk, esophageal cancer, and pneumonia from inhaling stomach contents

