

ACTIVE LEARNING TEMPLATE: **System Disorder**

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 DISORDER/DISEASE PROCESS GERD gastroesophageal reflux disease REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
 Acid reflux

Pathophysiology Related to Client Problem
 reflux of gastric contents into the esophagus
 - Abnormal ↓ esophageal sphincter pressure
 - Delayed esophageal clearance
 - Delayed gastric emptying

Health Promotion and Disease Prevention
 weight loss
 Avoid smoking & alcohol
 Avoid foods that trigger GERD
 Eating small frequent meals

ASSESSMENT

Risk Factors older adults
 obesity
 Dietary & lifestyle factors (Fast diet eating late)
 medications (NSAIDs / calcium channel blockers)
 Family Hx
 pregnancy
 Alcohol / tobacco use
 Laparoscopic sleeve
 H. pylori infection

Expected Findings
 * ♥ Burn & regurgitation
 Chest pain / Epigastric pain
 Cough, N&V, Bloating
 Sore throat, Sleep disturbance

Laboratory Tests

Diagnostic Procedures
 Based on pt Hx w/ classic symptoms
 Empiric therapy
 under endoscopy w/ biopsy
 • Esophageal pH monitor
 • Bronchoscopy

SAFETY CONSIDERATIONS

PATIENT-CENTERED CARE

Nursing Care

Medications
 PPI
 Antacids
 Histamine H₂ receptor agents

Client Education
 Eat smaller meals
 elevate HOB / stay seated / remain upright for 3hr
 Avoid agitating foods
 Avoid smoking
 wear loose clothing

Therapeutic Procedures
 laparoscopic fundoplication

Interprofessional Care

Complications
 Dental erosion
 Erosive esophagitis
 Stricture
 Barrett esophagus
 Reflux asthma / cough
 Reflux laryngitis