

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____

DISORDER/DISEASE PROCESS Crohn's Disease

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Impaired Gastric Mobility

Pathophysiology Related to Client Problem

Inflammation anywhere in the GI tract wall
Autoimmune

Health Promotion and Disease Prevention

Regular check ups
Smoking cessation
Improved diet + exercise

ASSESSMENT

Risk Factors

- Family hx, polyps
- High intake of sugar, processed foods, fatty acids
- long term NSAID, abx, oral contraceptive use

Expected Findings

- Skip lesions
 - N/V
 - Tachycardia
 - weight loss
- Progressive
Most common
Start in terminal ileum
Dehydration

Laboratory Tests

- CBC
- CMP
- LFTs
- CRP + Sed Rate
- Stool Culture

Diagnostic Procedures

- Double Contrast Barium Enema
- small bowel series
- colonoscopy, endoscopy

SAFETY CONSIDERATIONS

- Skin care
- preventing infection

PATIENT-CENTERED CARE

Nursing Care

- bowel rest
- symptom management

Medications

- 5ASAs
 - corticosteroids
 - biologics
- Nutrition/
Diet

Client Education

- smoking cessation
- diet + exercise

Therapeutic Procedures

- High fiber, FODMAP diet
- Exercise

Interprofessional Care

GI doc, PCP, Surgeons,
Dietitians

Complications

- SIBO
- Peritonitis
- Fistulas
- strictures
- GI bleeds

Perforation
Abscess
Malabsorption

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____

DISORDER/DISEASE PROCESS Diverticulitis

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Diverticulitis

Pathophysiology Related to Client Problem

Outpouching of intestinal mucosa
obstruction by fecalith = inflammation - edema - ischemia - abscess - perf.

Health Promotion and Disease Prevention

ASSESSMENT

Risk Factors

Low fiber diet, obesity, sedentary lifestyle, smoking, excessive alcohol

Expected Findings

Asymptomatic, intermittent LLQ pain, cramping, constipation, diarrhea, rectal bleeding, fever

SAFETY CONSIDERATIONS

- Don't eat nuts or seeds
- Avoid straining

Laboratory Tests

CRP, WBC

Diagnostic Procedures

H&P, WBC, CRP
colonoscopy
Barium enema

PATIENT-CENTERED CARE

Nursing Care

Clear liquid diet, bed rest

Medications

analgesics

Client Education

2L fluid intake, high fiber diet, avoid nuts & seeds

Therapeutic Procedures

temporary colostomy

Interprofessional Care

Dietician

Complications

- erosion of bowel wall
- perforation into peritoneum
↓
peritonitis
- localized abscess
- Abscess
- Perforation
- Obstruction
- Intestinal hemorrhage = OSTOMY

ACTIVE LEARNING TEMPLATE: System Disorder

STUDENT NAME _____

DISORDER/DISEASE PROCESS Appendicitis

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Appendix
inflamed

Pathophysiology Related to Client Problem

Inflammation
of Appendix =
edema = ischemia

Health Promotion and Disease Prevention

ASSESSMENT

Risk Factors

Pediatric → most common
10-30yr old

Expected Findings

McBurney's point / rebound
Pain RLQ - localized pain
Low grade fever - N/V
dull steady pain

SAFETY CONSIDERATIONS

- no heat
- post op - can

Laboratory Tests

WBC / CBC

Diagnostic Procedures

CT
wBC
US
H+P

PATIENT-CENTERED CARE

Nursing Care

NPO
no heat
post op liquids - ADAT - IVF

Medications

Pain
meds
- Abx

Client Education

- early ambulation
Post-Op

Therapeutic Procedures

Appendectomy
exploratory
laparotomy
Antibiotics

Interprofessional Care

- Gastro
- anesthesiologist
- Diet
- case manager

Complications

No more
pain = rupture

ACTIVE LEARNING TEMPLATE: System Disorder

STUDENT NAME _____

DISORDER/DISEASE PROCESS Ulcerative Colitis

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Ulcerative Colitis

Pathophysiology Related to Client Problem

Inflammation / ulceration of rectosigmoid colon
Necrotic
Diffuse & continuous
Mucosal = Inflammation = Ulceration = Necrotic

Health Promotion and Disease Prevention

Bowel Rest
Nutrition

ASSESSMENT

Risk Factors

Genetics
Industrial Countries
Smoking

Expected Findings

Bloody diarrhea
Colon/sigmoid inflammation
Anorexia
Fever
Mild anemia, Malabsorption

SAFETY CONSIDERATIONS

Avoid Irritants

Laboratory Tests

CBC
CMP
Blood stool

Diagnostic Procedures

Colonoscopy H+P
Capsule endoscopy WBC
CT/MRI CRP
Barium Enema

PATIENT-CENTERED CARE

Nursing Care

NPO
Fluid diet
Administer ABX
Supplemental meds

Medications

5 ASA
Corticosteroids
Biologics
Immunomodulators

Client Education

Smoking Cessation
Avoid Irritants

Therapeutic Procedures

Temp ostomy
(for hemorrhage or disease complications)

Interprofessional Care

GI doctor

Complications

Hemorrhage = Ostomy
Stricture/colon dilation
Strictures
Perforation
Abscesses
Fistulas
*C.diff
Increased of Colorectal Cancer

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME _____

DISORDER/DISEASE PROCESS colorectal cancer

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Pathophysiology Related to Client Problem
Unknown
FAP

Health Promotion and Disease Prevention

ASSESSMENT

Risk Factors
age > 50, smoking, family history

Expected Findings

<p>Ⓡ</p> <ul style="list-style-type: none"> - melena: anemia - dull abd pain - anorexia - weight loss 	<p>Ⓛ</p> <ul style="list-style-type: none"> - difficulty passing stool - thin, ribbon stool - hematochezia - diarrhea - constipation
---	---

SAFETY CONSIDERATIONS

Laboratory Tests

Diagnostic Procedures
stool occult blood
colonoscopy
biopsy
CEA to monitor

PATIENT-CENTERED CARE

Nursing Care

Medications

Client Education
- recommend colonoscopy

Complications

Therapeutic Procedures
a-p resection
lap bowel resection
radiation
chemotherapy

Interprofessional Care
Pain management
Emotional support/teaching
Nutrition

ACTIVE LEARNING TEMPLATE: System Disorder

STUDENT NAME _____

DISORDER/DISEASE PROCESS IBS (Irritable Bowel Syndrome)

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

Pathophysiology Related to Client Problem

Health Promotion and Disease Prevention

Unknown cause
Non-infectious

ASSESSMENT

Risk Factors

* Stress
diet
Anxiety
→ Unknown etiology
more common in women

Expected Findings

Intermittent crampy abd. pain
Diarrhea alternating constipation
Spasms
Belching/Bloating
Pain w/ defecation

Laboratory Tests

Diagnostic Procedures

extensive H&P

SAFETY CONSIDERATIONS

PATIENT-CENTERED CARE

Nursing Care

diet modification
Stress management

Medications

Dicyclomine
Anti anxiety
Steroids
ASA's

Client Education

avoid irritating foods
avoid stress
Low residue diet

Therapeutic Procedures

Stress Management

Interprofessional Care

Therapy - psych.
GI dr.

Complications

Bowel obstruction
Skin irritation