

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME **Chloe Klaus**

CONCEPT **Testicular Self-Exam**

REVIEW MODULE CHAPTER _____

Related Content

(E.G., DELEGATION, LEVELS OF PREVENTION, ADVANCE DIRECTIVES)

- Men ages 15-40 years old are at highest risk for testicular cancer
- Self-Health Promotion
- Prevention

Underlying Principles

- Early screening and detection can promote outcomes and prevent cancer
- This exam is noninvasive and can be done independently
- Check for any lumps, swelling, or abnormal changes

Nursing Interventions

WHO? WHEN? WHY? HOW?

- Men age 15 and older
- Should be done monthly when skin is relaxed
- Early detection/preventative measures can decrease risk
- How to do it:
 - 1) Look into mirror for scrotal swelling and changes in size
 - 2) Examine the testicles with both hands between the thumb and fingers
 - 3) Feel for any lumps, masses, or changes in size
 - 4) Report any unusual findings to your PCP immediately

Medication

MEDICATION: Viagra (Sildenafil)
PURPOSE OF MEDICATION

REVIEW MODULE CHAPTER _____

CATEGORY CLASS: Phosphodiesterase Type 5 (PDE5) Inhibitor
Expected Pharmacological Action

Therapeutic Use

Enhances blood flow to the penis by inhibiting PDE5, allowing for erection in response to sexual stimulation.

Treatment of erectile dysfunction (ED); also used for pulmonary arterial hypertension

- Headache
- Flushing
- Dyspepsia
- Nasal congestion
- Vision changes (blue-tinged vision)

Take 30 mins - 1hr before sexual activity

Do not take more than once a day

- Concurrent nitrate therapy (risk of severe hypotension)
- Severe cardiovascular disease
- Retinal disorders
- Hypotension or recent stroke/MI

- Monitor BP before and after administration
- Assess for cardiovascular risk prior to prescribing
- Educate on signs of priapism or vision loss

- Nitrates (nitroglycerin, isosorbide): life-threatening hypotension
- Alpha-blockers and antihypertensives: additive hypotension
- Grapefruit juice may increase levels

- Achieves and maintains an erection sufficient for sexual intercourse

- Do not take with nitrates
- Avoid alcohol and grapefruit juice
- Seek immediate help if erection lasts >4 hours
- Sexual stimulation is still required for effect

ACTIVE LEARNING TEMPLATE: *Medication*

MEDICATION: Estrogen
PURPOSE OF MEDICATION

REVIEW MODULE CHAPTER _____

CATEGORY CLASS: Hormone Replacement
Expected Pharmacological Action

Therapeutic Use

Replaces natural estrogen to reduce menopausal symptoms and maintain bone density.

Menopausal relief, prevention of postmenopausal osteoporosis, and to treat hypoestrogenism

- Increased risk of thromboembolism
- Hypertension
- Breast tenderness
- Headache
- Nausea

- Take at the same time daily
- Oral Max- 1.25mg/day
- Patch Max: 0.1mg/day

- History of thromboembolic events
- Breast cancer or estrogen-dependent tumors
- Liver dysfunction
- Pregnancy
- Undiagnosed vaginal bleeding

- Monitor BP, LFTs, and Lipid Panel
- Assess cardiovascular risk
- Educate on annual breast and pelvic exams

- Barbiturates and rifampin (may reduce effectiveness)
- Smoking (increases thrombotic risk)
- Warfarin (may reduce anticoagulant effect)

Reduction in menopausal symptoms and improved bone density

- Avoid smoking
- Report pain in leg, chest, or visual disturbances
- Contact provider if unusual bleeding occurs

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME **Chloe Klaus**

DISORDER/DISEASE PROCESS **Menopause**

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

- Loss of fertility
- Changes in bone density
- Hormonal imbalances

Pathophysiology Related to Client Problem

Menopause is the end of a woman's reproductive years. 12 consecutive months without a menstrual period due to the

Health Promotion and Disease Prevention

Balanced diet- high in calcium and vit. D, regular exercise, regular health screenings

ASSESSMENT

Risk Factors

- 45-55 years of age
- Smoking
- Family hx of early menopause
- Hysterectomy or oophorectomy

Expected Findings

- Irregular or absent menstruation
- Mood swings
- Decreased libido
- Weight gain
- Hot flashes

Laboratory Tests

FSH- elevated
Estradiol- decreased
TSH- r/o thyroid problems
LH- elevated

Diagnostic Procedures

DEXA scan

SAFETY CONSIDERATIONS

- Risk of falls due to osteoporosis
- Monitor for signs of thromboembolism if on HRT
- Evaluate mood changes and risk for depression

PATIENT-CENTERED CARE

Nursing Care

- Assess symptoms
- Provide emotional support
- Monitor for complications

Medications

- Estrogen and progesterone
- Bisphosphonates
- Vaginal lubricants
- SSRIs

Client Education

- Promote lifestyle changes
- Educate on osteoporosis
- Promote regular

Therapeutic Procedures

- Hormone replacement therapy
- Non-hormonal therapies
- Vaginal estrogen

Interprofessional Care

PCP, Gynecologist, Dietitian, Mental Health Provider, Endocrinologist

Complications

- Osteoporosis
- Cardiovascular disease
- Depression or anxiety
- Vaginal atrophy and urinary incontinence