

MARGARET H. ROLLINS SCHOOL OF NURSING
Nursing 102 – Nursing Care of Adults
Unit IV - Gastrointestinal System (1)
Class Prep

Part 1-Match the following GI terms to the correct definition.

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|-------------------|------------------------------------------|
| 1. C Borborygmi | A. Black tarry stool |
| 2. A Melena | B. Fatty Stools |
| 3. E Pyrosis | C. Loud, gurgling bowel sounds |
| 4. B Steatorrhea | D. Bright red blood in the stool |
| 5. D Hematochezia | E. Heartburn |
| 6. F GERD | F. Reflux of stomach acid into esophagus |

Part 2-Complete and ATI Learning Template on Gastroesophageal Reflux Disease (GERD). Attach to the second page of this document or submit separately to the drop box.

System Disorder

STUDENT NAME Abigail Fine

DISORDER/DISEASE PROCESS Gastroesophageal Reflux Disease REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
 Stomach acid travels up the esophagus, leading to damage of the lining.

Pathophysiology Related to Client Problem
 Occurs when LES Valve fails to close tightly to prevent backflow from secretions of the stomach.

Health Promotion and Disease Prevention
 Don't lie down after eating, don't consume excess alcohol or caffeine, maintain a healthy weight.

ASSESSMENT

Risk Factors
 May be r/t diet (spicy foods, caffeine), smoking, obesity, ↓ physical activity. older clients too.

Expected Findings
 -Heartburn after eating or in the middle of the night. Sore throat, sour taste in their mouth. Dysphagia, belching, N/V chronic cough, hoarseness

Laboratory Tests
 EGD (routine), ambulatory esophageal reflux monitoring test (pH),

Diagnostic Procedures
 Upper endoscopy, 24-hour pH monitoring, esophageal manometry, barium swallow.

SAFETY CONSIDERATIONS

They may be a risk for dehydration due to dysphagia, odynophagia, or nausea. Educate pt. ab risk for Barrett's esophagus & potential esophageal cancer. Encourage frequent GI visits.

PATIENT-CENTERED CARE

Nursing Care
 Monitor fluids & electrolytes, encourage pt. to practice stress-reduction techniques

Medications
 Proton Pump Inhibitors (PPI) - inhibit production of gastric acid.
 H₂ blockers - reduce production of gastric acid. (cimetidine or famotidine)

Client Education
 -Maintain a healthy weight, avoid tight fitting clothes, quit smoking, avoid fried or spicy foods, caffeine, or chocolate.

Therapeutic Procedures
 Lifestyle changes, medication & possibly surgery to ↓ stomach acid and prevent reflux.

Interprofessional Care
 Gastroenterologists, nurses, pharmacists, dieticians, focus on education + medication management.

Complications

- Esophagitis (inflammation)
- Esophageal strictures (narrowing)
- Barrett's esophagus (precancerous changes)
- Esophageal Cancer
- Ulcers, bleeding, chronic coughing, tooth erosion, severe dysphagia.