

1. Disease Process & Brief Pathophysiology

Bleeding derived from a source proximal to the ligament of Treitz, a duodenal suspensory ligament that attaches to the junction of the duodenum and jejunum, separating the upper and lower GI tract. This includes bleeding from the esophagus, stomach, or duodenum.

2. Factors for the Development of the Disease/Acute Illness

- Anticoagulant use
- High dose NSAIDs
- Older age (P)
- Male (P)

3. Signs and Symptoms

- Abdominal pain (P)
- Lightheadedness (P)
- Dizziness (P)
- Syncope
- Hematemesis
- Dark colored stool (P)
- Weakness (P)
- Low BP (P)
- Pallor (P)

4. Diagnostic Tests Pertinent or confirming of diagnosis

- Stool test
- Blood test (P)
- Endoscopy (P)
- Barium X-ray

5. Lab values that may be affected

- BUN (P)
- H&H (P)
- CBC
- Platelet
- Creatinine

6. Current Treatment

- Proton pump inhibitor (P)

7. Focused Nursing Diagnosis:

Fluid volume deficit

11. Nursing Interventions related to Nursing Diagnosis in #7:

1. Assess blood pressure

Evidence Based Practice:

Orthostatic hypotension suggest hypovolemia.

2. IV therapy

Evidence Based Practice:

Promote better blood circulation around the body.

3. Administer blood transfusion

Evidence Based Practice:

Increases hemoglobin level and treat hypovolemia related to GI bleeding.

12. Patient Teaching:

1. Avoid or limit caffeine or spicy foods or foods that can cause heartburn.

2. Teach patient what NSAIDs are.

3. Teach patient how to observe stool for blood.

8. Related to (r/t):

Blood volume loss

9. As evidenced by (aeb):

Pallor, low BP, lightheadedness

13. Discharge Planning/Community Resources:

1. Limit or do not take NSAIDs.

2. Do not drink alcohol.

3. Referral to a nutritionist.

10. Desired Patient Outcome:

Patient will have blood pressure level within normal range by 01/20/2021 by 1200.

[Gastrointestinal Bleeding or Blood in the Stool | Johns Hopkins Medicine](#)

[Upper Gastrointestinal Bleeding in Adults: Evaluation and Management - American Family Physician \(aafp.org\)](#)

https://journals.lww.com/nursing/Fulltext/2020/05000/Understanding_acute_upper_gastrointestinal.9.aspx

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/gastrointestinal-bleeding-or-blood-in-the-stool>

<https://nursestudy.net/gi-bleed-care-plan-nclex-review/>