

Crohn's can occur from the mouth to the anus, but more common distal ileum and proximal colon. This disease can occur between healthy bowel and disease bowel, this is called "skip lesions" Refer to page on 945 for a great picture of the disease. The inflammation from Crohn's goes through the entire wall which is called transmural. It is common for active Crohn's disease to have fistulas.

## INFLAMMATORY BOWEL DISEASE

### Crohn's Disease / Ulcerative Colitis

UC starts in the rectum and moves up the colon. The inflammation occurs in the mucosal layer

Inflammatory bowel disease = IBD is a chronic inflammation of the GI tract. There are periods of remission of symptoms and periods of exacerbation. IBD usually occurs during the teen years and early adult years and after the age of 60 years. IBD is more common in families that have medical history of this disease in their family.

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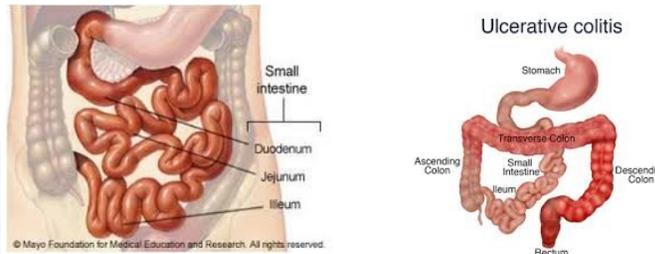
There is NO cure for Crohn's

#### Interventions

The main goal for treatment:

1. Rest bowel
2. Control inflammation
3. Combat infection
4. Correct malnutrition- imbalance nutrition: less than body requirements relate to decreased absorption and increased nutrient loss through diarrhea
5. Alleviate stress - difficult to cope with the life changes
6. Provide symptomatic relief
7. Improve quality of life

Most patients with Crohn's will have to have a bowel section due to stricture, obstructions, bleeding and fistula. Unfortunately, the patient might have to have multiple surgeries because the disease will return.



When caring for a patient during an exacerbation:

1. Monitor serum electrolytes, CBC
2. Vital Signs
3. S/S of dehydration due to diarrhea
4. Skin breakdown due to diarrhea
5. Accurate I&O making sure to observe for blood in the stool.
6. If unable to tolerate food, may have a patient on TPN.

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The cure for UC is a Total Proctocolectomy.

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13. Provide symptomatic relief
14. Improve quality of life