

Benign Prostatic hyperplasia

Risk Factors

- aging
- obesity
- lack of physical activity
- ED
- smoking
- diabetes
- alcohol \uparrow amount of animal protein

Signs and Symptoms

- irritative
 - nocturia (1st)
 - frequency
 - urgency
 - dysuria
 - bladder pain
 - incontinence
- Obstructive
 - \downarrow urinary stream
 - caliber \downarrow force
 - intermittency
 - hesitancy
 - dribbling

Disease process defined

- prostate gland \uparrow in size
- outflow of urine from bladder to urethra is disrupted

Nursing Interventions/ Medication

- active surveillance
 - bladder scan
 - dietary changes
 - meds \rightarrow avoid anticholinergics and decongestants
 - limit fluids at night
 - bladder retraining
 - annual follow up
 - alpha adrenergic blockers
 - 5-alpha reductase inhibitors
- \hookrightarrow shrink the gland

Potential Complications

- Urinary retention**
 - UTI
 - overflow incontinence
 - hydronephrosis
 - acute kidney injury
 - $\hookrightarrow \downarrow$ GFR
 - $\hookrightarrow \uparrow$ BUN / creatinine
- Complications of TURP:
 - hemorrhage, bladder spasms, infection, urinary incontinence

Patient Teaching

- Kegel exercises**
- limit fluids at night
- avoid anticholinergics / decongestants
- annual follow up
- dietary changes
 - \hookrightarrow limit animal protein, alcohol
- timed voiding schedule

Diagnostic Studies/ Labs

- detailed Hx
- digital rectal exam
- prostate size, symmetry, urinarysis/culture
- prostate-specific antigen (PSA) screens for prostate CA
- PSA - slightly elevated
- DRE: smooth & symmetric

TURP - transurethral resection of prostate

- assess for complications
- Murphy's drip
- continuous bladder irrigation
- stool softeners
- treat bladder spasms
- catheter care
- look for signs of infection