

NICU Disease Process Map

D.O.B. _____	APGAR at birth: _____
Gestational Age _____	Adjusted Gestational Age _____
Birthweight <u>2</u> lbs. <u>2</u> oz. / <u>997</u> grams	
Current weight _____ lbs. _____ oz. / _____ grams	

Disease Name: Inguinal Hernia

What is happening in the body?

A condition where part of the intestine pushes through a weakness in the lower abdominal wall causing swelling in the groin area.



What am I going to see during my assessment?

Swelling/bulging in the groin area. Hardness on the groin when you press on it.



What tests and labs will be ordered?

First start with a physical exam and then order imaging tests such as ultrasound, CT scan, or MRI to determine if there are other complications from the hernia.



What trends and findings are expected?

A visible bulge in the groin area. It can be able to be pushed in or unable to. It can be painful with discoloration around the skin. There could also be signs of bowel obstruction.

What are risk factors for the diagnosis?

Prematurity and low birth weight are risk factors for inguinal hernias. Also being male, a family history of hernias, and cystic fibrosis can increase the risk.



How will you know your patient is improving?

It will not repair on its own and the patient must have surgery.



What medications and nursing interventions/treatments will you anticipate?

Focusing on pain management, preventing complications, and educating patients on home care. Patient will have to have surgery to repair this hernia.