

Pancreatitis

Literature Review

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Pancreatitis

Pancreatitis is a painful and debilitating disease that affects hundreds of thousands of people around the world. It is also essential to understand the disease to ensure proper treatment. According to Medline (2016), pancreatitis is a severe disease in which the pancreas inflames due to digestive enzymes digesting the pancreas itself (Medline, 2016). According to Dr. Jie Liu., and Dr. Bangqiang Zhang (2020), it is crucial to understand the disease because if left untreated, it could lead to severe issues such as chronic pancreatitis, which is life-threatening. By understanding the activities in the patient's lives, the health care provider will be better prepared to treat the patient. This literature review will review various qualitative research articles to determine the best therapeutic health plans for patients with pancreatitis.

The Lived Experience of Inpatients with Acute Recurrent Pancreatitis

After conducting their research, the authors believe that an essential item that must be addressed as a health care professional when it comes to pancreatitis patients is educating the patient about the disease. According to Liu., and Zhang (2020), the majority of the test subjects had little to no knowledge about how pancreatitis affected their daily living, and a lack of knowledge increased recurrences (Liu., & Zhang, 2020). Gaining knowledge and educating the patient is a central goal with pancreatitis patients to ensure a successful treatment plan.

Key Points

The main question the authors are trying to gather data for is how patients live with acute recurrent pancreatitis daily and the correlation with flare-ups. By gathering data on the individual's lives, the researchers can compare daily living activities to the recurrences of

pancreatitis. In the article, the authors mention some findings during the research that they separated into categories that explain the patient's status: anxiety and fear, lack of professional knowledge, inevitability and helplessness, guilt and shame, hope, and perseverance. Liu., and Zhang (2020) mention in the article that certain activities in these categories lead to an acute recurrent pancreatitis episode, which is painful, debilitating, and sometimes need medical attention (Liu., & Zhang, 2020). Throughout the Liu, and Zhang (2020) article, the data shows that how the patients live their lives dramatically affects the disease.

Assumptions

There are many aspects of the patient to take into consideration when providing treatment. With pancreatitis, it is essential to reduce the recurrences to minimize further damage to the pancreas and surrounding tissue. As a nurse, treating the patient as a whole is the best way to get the results needed for a reduction in hospital visits. The categories that Liu and Zhang (2020) discuss in the article provide information about how patients are affected, with each patient having a different attribute that contributed to a specific situation

Anxiety and fear are a common complaint with the participants in the study. During the episodes, the patients would be in such severe pain that their anxiety level increased dramatically, making it difficult to focus (Liu., & Zhang, 2020). Some of the patients were not able to get immediate help, and they feared they would die (Liu., & Zhang, 2020).

Educating a patient is vital to decreasing visits to the hospital and complying with the teachings. In a disease like pancreatitis, it is vital to know the changes needed to avoid flare-ups. If a patient does not have the information, they need, they will have no way of knowing or

improving the situation. In the article by Liu, and Zhang (2020), the patients in their study did not know what pancreatitis was or even how to avoid occurrences (Liu, & Zhang, 2020). With the lack of education, some of the patients believed that the reoccurrence happened accidentally or by misfortune (Liu, & Zhang, 2020). Ensuring correct information will make for a more educated decision, which will lead the patient on a positive path for a healthier lifestyle.

Feeling of inevitability and helplessness can be very difficult to overcome, especially when it involves the social aspect in daily lives. Sometimes people feel pressured to drink to celebrate a particular occasion, or there is a festival happening, and enjoying it is the number one priority in most cases. According to Liu, and Zhang (2020), two of their subjects claimed that it was part of the celebration after a successful job at work, and the other subject indulged in food and beverage during an annual traditional festival (Liu, & Zhang, 2020) shortly after they hospitalization is required for acute recurrent pancreatitis.

Guilt and shame can be manageable in a particular situation, but when a disease is disrupting as pancreatitis, the feelings are unavoidable. The patients in the study had had intense guilt and shame when it came to the cost of hospitalization and treatment. Many of the patients in Liu and Zhang (2020) expressed how difficult it is to pay for some of the treatments needed for this disease (Liu, & Zhang, 2020). Furthermore, the patient's family took care of their medical needs, which added to the guilt and shame they felt already (Liu, & Zhang, 2020). Cost and care are two variables that are part of the treatment of pancreatitis. Approaching each with a proper assessment is the best method to gather data to decrease the shame and guilt the patient might endure.

Dealing with any type of disease like pancreatitis can be frustrating and makes the individual feel hopeless and lose motivation to get better. Keeping a positive attitude towards the new teachings and having patience with the patient will increase the likelihood of developing a healthier lifestyle. According to the patients in Liu and Zhang (2020), they were all very positive about recovering, and most of them praised the medical staff for the help and education provided (Liu & Zhang, 2020). People with pancreatitis have to live with the signs and symptoms every day. It can be frustrating at times to deal with the symptoms of pancreatitis. With good health education and perseverance, pancreatitis can be well managed, and patients can have a better outcome.

Taking the line of reasoning that the author has provided has many advantages that are not only beneficial to treating pancreatitis but other disease processes. From lowering hospital stay time to improving social life, the possibilities limit the disease. Understanding the daily actions of an individual can uncover clues as to why certain habits increase the chances of an acute symptom. Compliancy is vital in maintaining a proactive and positive, healthy lifestyle.

Failing to take the line of reasoning that the authors have provided, the treatment plan's outcome needs to be reevaluated and more data collected. Ensuring that patients with pancreatitis have good mental health is essential. The seriousness of a client's lack of education due to medical negligence can lead to severe cases and sometimes be fatal. Avoiding any other complications that a patient might have is a high priority in the medical field.

Deficit/Conclusion

To conclude, understanding how someone with pancreatitis lives is vital to a successful treatment plan. It is easy to forget that when diagnoses with pancreatitis, there are specific guidelines to follow in order to maintain health. Sometimes, a job-related celebration with alcohol might seem like a good idea, and the rule is forgotten, or only just not having the information needed to make the right decision. Then a hospitalization is needed due to acute reoccurring pancreatitis. Knowing what the cause of the symptoms might be can be beneficial to the decrease in hospital stays. Liu and Zhang provided well thought out research that will help understand how diseases affect people mentally, physically, and in their everyday life. By describing the categories of anxiety and fear, lack of professional knowledge, inevitability and helplessness, guilt and shame, hope, and perseverance, the authors were able to provide data that represented the patient as a whole and emphasize the importance of educating the patient on pancreatitis.

References

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