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Week 3 Assignment

1. Identify the client's three priority health concerns that you noticed during your initial phone interview.
 - a. Pain r/t inflammation in Crohn's Disease
 - b. Crohn's Disease r/t Anxiety
 - c. Knowledge Deficit r/t Medication for Crohn's Disease.

Article 1: Crohn's Disease: Charge of a Lifelong Disorder

Concern: Pain r/t inflammation in Crohn's Disease

Crohn's Disease begins as small inflammatory lesions in the mucosa of the bowel. These lesions multiply and the bowel wall thickens. This disease is characterized by relapses of flare ups and times of remission. One of the main clinical manifestations is cramping abdominal pain. As the disease progresses fistulas may develop which can exacerbate pain.

Management goals for nurses to assist patients with, in both inpatient and outpatient settings, include controlling pain and other symptoms, and inducing clinical remission. Administering medications are extremely beneficial in the treatment of Crohn's Disease, but clinical judgment is needed. Some medications may further complicate the disorder, and education is important for those taking over the counter medications and medications at home. Nurses also should advise patients to limit dairy, limit high fat foods, and to drink plenty of fluids. Dietary education is extremely important in the management of inflammation and pain in this disorder.

Nursing care revolves around managing symptoms, including skin care, rehydration, and comfort measures for diarrhea. Monitoring the patient for changes is also very important to decrease co-morbidities such as electrolyte imbalances, Hypotension, and tachycardia. Comprehensive pain assessments and proper analgesia is important for patient comfort. Emotional support is extremely important especially for clients with chronic conditions, as anxiety and depression are common in lifelong illnesses.

Article 2:

Concern: Crohn's Disease r/t Anxiety

Crohn's Disease is an Inflammatory Bowel Disease. Inflammatory responses are linked to stress and anxiety. Depression, Anxiety, and general stress are linked to increased flare ups in Inflammatory Bowel Disease. The psychological distress can be separated into categories based on their cause, such as emotional burden from a chronic illness, symptom distress, and medical regimen distress.

A three phase study was carried out to create these categories. The most prevalent cause of emotional distress was noted to be healthcare related distress. Although many clients experience these symptoms, they are not diagnosed as meeting criteria for psychological disorders, but even generalized stress is found to have profound effects on physical wellbeing. Especially with those with Inflammatory Bowel Disease, where stress levels increase inflammation.

As the nurse, proper emotional support, assessment of psychological wellbeing, and advocacy of patient's needs is very important. Proper stress management needs to be an educational topic brought up more frequently, and frequent checks on anxiety levels needs to be proper practice to decrease increased inflammation within this disease.

Article 3: Advances in the management of Crohn's disease

Concern: Knowledge Deficit r/t Medication for Crohn's Disease.

Crohn's Disease involves and immune system dysfunction. This inflammatory disease is a chronic, lifelong condition. The typical management for Crohn's Disease is medication therapy including aminosalicylates, thiopurines, steroids, and anti-TNF alpha agents. Surgery is used only when necessary.

To determine the appropriate management for each client, proper examination of symptoms, presentations, and studies such as ESR, CRP, WBC, and stool cultures are extremely important. As a nurse, appropriate patient history and assessment of the patient is critical in finding the proper regimen. Further studies such as endoscopies, colonoscopies, and CT or MRI scans help to give a full picture of what the client is presenting with. Identifying each client's needs ensure the proper treatment.

The most important aspect of treating Crohn's disease is to treat both acute flare ups, and also therapy to achieve remission. To achieve remission, a proper severity scale was created to accurately determine medication regimens for all severities of Crohn's Disease. Within the three groups of mild to moderate disease, moderate to severe disease, and severe fulminant disease, the clinician is able to determine the appropriate medication regimen for each client. These include steroids and immunomodulators, which are chosen depending on the client's severity.

The nurse's job is to ensure this medication regimen is causing the correct and intended results to ensure the medications are what the patient needs. Advocacy for patients, based on clinical findings and proper assessments are paramount in achieving remission.

References

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