

Name: Mozie Divine Favour Chioma

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Course: Medical Surgical Nursing

Male Reproductive system- prostate disorders

The prostate gland is a male reproductive organ that produces fluids that feed and protect sperm cells. The three most common forms of prostate disease are inflammation (prostatitis), non-cancerous enlargement (BPH), and prostate cancer.

Types of Prostate Disease

The three most common types of prostate disease are:

1. Benign prostatic hyperplasia
2. Prostatitis
3. Prostate cancer

Although these diseases have different causes, they have similar symptoms. This is why it's important to discuss prostate cancer screening with your doctor as part of your yearly physical examination. Your doctor will often refer you to a urologist (a doctor who specializes in diseases of the urinary tract and the male reproductive system) if you have symptoms of any of the following diseases.

1. Benign Prostatic Hyperplasia

Often called BPH, benign prostatic hyperplasia is a noncancerous enlargement of the prostate gland. It is very common, but rarely causes symptoms before age 40. According to the American Urological Association, about half of men between ages 51 and 60 and up to 90% of men older than age 80 have BPH.

Symptoms of BPH include:

- -Difficulty urinating
- -An urge to urinate even when the bladder is empty
- -Frequent urination, especially at night
- -A weak or intermittent stream of urine and a sense of incomplete emptying when your bladder

Nursing care for patients with benign prostatic hyperplasia

- Maintain fluid balance: Fluid balance should be restored to normal.
- Instructions: The nurse provides written and oral instructions about the need to monitor urinary output and strategies to prevent complications.
- Urinary control: The nurse should teach the patient exercises to regain urinary control.
- Avoid Valsalva maneuver: The patient should avoid activities that produce Valsalva maneuver like straining and heavy lifting.
- Avoid bladder discomfort: The patient should be taught to avoid spicy foods, alcohol, and coffee.
- Increase fluids: The nurse should instruct the patient to drink enough fluids.

2 Prostatitis

Prostatitis is an inflammation of the prostate. This can be caused by a bacterial infection. Men of all ages can get prostatitis, and it can occur in any size prostate (enlarged or not).

Symptoms of prostatitis include:

- -Difficulty urinating
- -Frequent urination, especially at night
- -Pain or burning during urination
- -Chills and fever along with urinating problems

Nursing care for patient with prostatitis

1. Administration of prescribed antibiotics
2. Provision of comfort (analgesics , sitz bath)
3. Increase fluid intake

3. Prostate Cancer

Prostate cancer, in its early stages, may not cause any symptoms. But as it progresses, symptoms often appear.

Symptoms of prostate cancer include:

- -A need to urinate frequently, especially at night
- -Difficulty starting urination
- -Inability to urinate
- -Weak or interrupted flow of urine (dribbling)
- -Painful or burning urination
- -Painful ejaculation
- -Blood in urine or semen
- -Frequent pain or stiffness in the back, hips, or upper thighs

Causes

- Prostate gland
- Prostate gland Open pop-up dialog box
- It's not clear what causes prostate cancer.
- Doctors know that prostate cancer begins when some cells in your prostate become abnormal. Mutations in the abnormal cells' DNA cause the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when other cells would die. The accumulating abnormal cells form a tumor that can grow to invade nearby tissue. Some abnormal cells can also break off and spread (metastasize) to other parts of the body

Nursing care plan for patient with prostate cancer

Nurses should encourage patient to perform pelvic muscle exercises during the preoperative and postoperative periods can help patients control UI.

Patient education should be focused on the specific treatment modality and its curative or palliative intent. Information about the experience of radiotherapy must be provided objectively and include descriptions of the temporal aspects of procedures, the treatment environment, and common physical sensations.

Risk factors

Factors that can increase your risk of prostate cancer include:

Age: Your risk of prostate cancer increases as you age.

Race: For reasons not yet determined, black men carry a greater risk of prostate cancer than do men of other races. In black men, prostate cancer is also more likely to be aggressive or advanced.

Family history: If men in your family have had prostate cancer, your risk may be increased. Also, if you have a family history of genes that increase the risk of breast cancer (BRCA1 or BRCA2) or a very strong family history of breast cancer, your risk of prostate cancer may be higher.

Obesity: Obese men diagnosed with prostate cancer may be more likely to have advanced disease that's more difficult to treat.

Complications

Complications of prostate cancer and its treatments include:

-Cancer that spreads (metastasizes): Prostate cancer can spread to nearby organs, such as your bladder, or travel through your bloodstream or lymphatic system to your bones or other organs. Prostate cancer that spreads to the bones can cause pain and broken bones. Once prostate cancer has spread to other areas of the body, it may still respond to treatment and may be controlled, but it's unlikely to be cured.

-Incontinence: Both prostate cancer and its treatment can cause urinary incontinence. Treatment for incontinence depends on the type you have, how severe it is and the likelihood it will improve over time. Treatment options may include medications, catheters and surgery.

-Erectile dysfunction: Erectile dysfunction can result from prostate cancer or its treatment, including surgery, radiation or hormone treatments. Medications, vacuum devices that assist in achieving erection and surgery are available to treat erectile dysfunction

Treatment

Treatment for prostate cancer may involve active surveillance, surgery, radiation therapy - including brachytherapy (prostate brachytherapy) and external-beam radiation therapy, proton therapy, high-intensity focused ultrasound (HIFU), cryosurgery, hormonal therapy, chemotherapy, or some combination. Treatments also extend to survivorship based interventions. These interventions are focused on five domains including: physical symptoms, psychological symptoms, surveillance, health promotion and care coordination

Surgery

Surgical removal of the prostate, or prostatectomy, is a common treatment either for early stage prostate cancer or for cancer that has failed to respond to radiation therapy. The most common type is radical retro pubic prostatectomy, when the surgeon removes the prostate through an abdominal incision. Another type is radical perineal prostatectomy, when the surgeon removes the prostate through an incision in the perineum, the skin between the scrotum and anus. Radical prostatectomy can also be performed laparoscopically, through a series of small (1 cm) incisions in the abdomen, with or without the assistance of a surgical robot.

Nursing care for partners and family members of men with Prostate cancer

In practice, nurses should pay attention to the feelings and needs of family members of men undergoing Prostate cancer treatment; a patient's illness may affect the health of his entire family.

When prostate cancer results in a terminal diagnosis, nurses must help patients and their families obtain the best end-of-life care. Nurses must assess and continually monitor levels of depressive symptoms, sexual function distress, marital interaction distress, and any other indication for psychosocial interventions in men who have undergone RP and their partners.