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**Different disorders of prostate gland:**

* **Benign prostatic hyperplasia(BPH):** this is an enlargement of the prostate gland that constricts the urethra causing urinary symptoms. It is not cancerous, it is very common in older men because increase in age is equivalent to increase in prostate gland.

**Causes of BPH**:

Auto immune response, aging, metabolic or nutritional disturbance, tumour, infections, hormonal disturbances (decreased androgen with Increased oestrogen).

**Therapeutic intervention for BPH:**

-Major management is surgical prostatectomy or partial prostactectomy.

-Transurethral resection (through the urethra): This is the removal of enlarged portions of the prostate -by inserting the instrument (electrical cutting loop) through the urethra.

-Suprapubic (Transversical)-Incision into bladder to remove prostate gland.

-Perineal-Remove gland through the perineum.

-Retropubic: Incision through lower abdominal wall

-Medications can also be used to shrink prostate gland or help relax muscles near the prostrate to ease symptoms.

**Nursing management:**

-Examination with objective and subjective data.

-Obtain history of voiding symptoms, onset, frequency of day and night urination, presence of urgency, dysuria, sensation of incomplete bladder emptying.

-Perform rectal and abdominal examination to detect distended bladder and degree of enlargement; Size, shape and Consistency.

**Specific pre-operative care**

-Observe all general pre-operative care

-allay patient’s fear, anxiety.

-Explain the type of the surgery

-Pre-operative care; Shaving, indwelling catheter.

-consent, intravenous line, site preparation.

**Patient Health education:**

-Explain the symptoms and complication of BPH

-Teach patient to do Kegel (Perineal exercise) after surgery to help gain control of voiding

-Advice and tell patient to avoid sexual intercourse, straining at stool, heavy lifting and long periods of sitting for 6 to 8 weeks after surgery until Prostatic fossa is healed.

-Advice follow-up visits as urethra stricture may occur and regrowth of prostate is possible.

* **Acute bacterial prostatitis:** this usually starts suddenly from a bacterial infection. It can cause fever, chills or pain while urinating.

**Causes include:**

-Bacterial leak into the prostate gland from the urinary tract

-Bacterial that causes STDs( gonorrhea and Chlamydia) can also cause acute bacterial prostatitis.

-Other conditions such as urethritis, eppididymitis, phimosis, urinar cystocopy.

**Therapeutic intervention:**

-Use of antibiotics, alpha blockers( to relieve symptoms).

**Nursing management and health education:**

-Adequate rest and diet

-Encourage patient to avoid bicycling or wear padded shorts to decrease pressure on the prostate

-Advice patients to avoid alcohol, caffeine and foods.

-Encourage patients to take warm bath.

* **Chronic bacterial prostatitis:** this is reoccurrence of acute bacterial prostatitis. This diseases can be very hard to treat.

**Causes include:**

-Bacterial that causes UTIs

-Sexually transmitted infections

Other conditions such as urethritis, infection to the testicles …..

**Therapeutic intervention:**

-Use of antibiotics for a long period of time, alpha blockers( to relive symptoms)

**Nursing management and health education:**

-Adequate rest and diet

-Encourage patient to avoid bicycling or wear padded shorts to decrease pressure on the prostate

-Advice patients to avoid alcohol, caffeine and foods.

-Encourage patients to take warm bath.

* **Chronic prostatitis:** This is also called chronic pelvic pain syndrome( CPPS). This is the inflammation of the prostate that continues for 3 months or longer. It is often painful and can affect sexual function and the ability to urinate.

**Causes include:**

-Psychological stress

-Damage to the urinary tract from surgery to a physical injury

**Therapeutic intervention:**

Use of muscle relaxant to relive spasm of the pelvic muscles

Alpha blockers to treat urination difficulties

Therapy to help with psychological stress and anxiety

**Nursing management and health education:**

Adequate rest and diet

Teach patients how to carry out kegel exercise

Relaxation exercises

Encourage warm bath

Advice patient to use a hot water bottle or heat pad to apply heat to the perineum or rectum.

* **Prostate cancer:** this is presence of a cancerous cell in the prostate gland. This is one of the most common type of cancer in men.

**Causes include:**

Age, race( common among Africans) , family history( hereditary), obesity.

**Therapeutic interventions:**

-Surgical intervention includes prostatectomy

-Radiation therapy

-Hormonal therapy

-surveillance

**Nursing management and health education:**

-Adequate rest and diet

-Encourage patient to avoid bicycling or wear padded shorts to decrease pressure on the prostate

-Advice patients to avoid alcohol, caffeine and foods.

-Encourage patients to take warm bath.

-Observe all general pre-operative care

-allay patient’s fear, anxiety.

-Explain the type of the surgery

-Pre-operative care; Shaving, indwelling catheter.