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**Answers**

The prostrate is a walnut-sized gland located between the bladder and penis. The prostrate is just in front of the rectum. The urethra runs through the center of the prostrate, from the bladder to the penis, letting urine flow out of the body. The prostrate secretes fluid that nourishes and protects sperm.

1. THE DIFFERENT DISORDERS OF THE PROSTRATE GLAND

The three most common types of prostrate disorders are:

* Benign prostatic hyperplasia(BPH)
* Prostatitis
* Prostate cancer

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. Untreated, prostate gland enlargement can block the flow of urine out of the bladder and cause bladder, urinary tract or kidney problem.

* AETIOLOGIES OF BPH

It isn’t entirely clear what causes the prostrate to enlarge. However, it might be due to changes in the balance of sex hormones as men grow older. When the prostrate enlarges it begins to block urine flow.

THERAPEUTIC INTERVENTIONS /SURGERIES

**Medication includes:**

1. Alpha blockers e.g alfuzosi (Uroxatral), doxazosin(Cardura)
2. 5-alpha reductase inhibitors e.g finasteride(Proscar) and dutasteride(Avodart)

**Surgeries include:**

1. Transurethral resection of the prostrate (TURP)
2. Transurethral incision of the prostrate(TUIP)
3. Transurethral microwave thermotherapy(TUMT)
4. Prostrate lift

**Nursing Intervention**

1. Monitor vital signs closely.

2. Encourage oral fluids up to 3000ml daily

3. Percuss and palpate supra -pubic area

4. Catheterize for residual urine and leave indwelling catheter as indicated and check every 15 minutes for the first 2 to 3 hours

**Client Teaching**

-Avoid delaying urination

-Avoid taking certain medication which may worsen BPH e.g antihistamines and decongestants.

-Watch alcohol consumption

-Practice healthy lifestyle habits

1. 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).

Prostatitis affects men of all ages but tends to be more common in men 50 years of age or younger and it causes painful or difficult urination.

* AETIOLOGIES OF PROSTATITIS

Acute bacterial prostatitis is often caused by common strains of bacteria. The infection may start when bacteria carried in urine leaks into the prostate.

Bacterial infection isn’t the only cause of prostatitis. Other causes can include;

* Immune system disorder
* Nervous system disorder
* Injury to the prostate or prostate area

THERAPEUTIC INTERVENTIONS/SURGERIES

**Medication include;**

* Antibiotics
* Alpha blockers
* Anti-inflammatory agents e.g NSAIDS
* Prostate massage

**Surgeries include;**

* Open prostatectomy(open surgery)
* Laparoscopic and robotic prostatectomy
* Laser surgery
* Transurethral prostatectomy

**Nursing interventions**

1. Administration of prescribed antibiotics and provision of comfort measures, including prescribed analgesic agents and sitz baths this is for treatment of acute prostatitis.
2. The patient with chronic prostatitis is usually treated on an out patient basis and needs to be instructed about the importance of continuing antibiotic therapy

**Client Teaching**

The nurse instructs the patient to complete the prescribed course of antibiotics. If intravenous antibiotics are to be administered at home, the nurse instructs the family for safe administration. Fluid are encouraged to satisfy thirst and to avoid discomfort patient should avoid sitting for long hours.

1. PROSTATE CANCER

Prostate cancer is a cancer that occurs in a man’s prostate.

Prostate cancer usually grows slowly and initially remains confined to the prostate gland, where it may not cause serious harm.

Prostate cancer has a better chance of successful treatment when it is detected early and still confined to the prostate gland.

AETIOLOGIES OF PROSTATE CANCER

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 break off and

Spread (metastasize) to other parts of the body.

THERAPEUTIC INTERVENTIONS/SURGERIES

**Medication include**;

Some of the treatment include; hormone associated therapy, biological therapy, chemotherapy and urinary retention medication.

* **Hormone therapy;** This is treatment to stop the body from producing male hormone testosterone. Prostate cancer cells rely on testosterone to help them grow. Cutting off the supply of hormones may cause cancer cells to die or to grow more slowly.

They may include;

Medication that stop the body from producing testosterone e.g leuprolide (Lupron ,Eligard ) Goserelin (Zoladex)

* **Chemotherapy;** It uses drugs to kill rapidly growing cells, including cancer cells. Chemotherapy can be administered through a vein in your arm, in pill form or both.
* **Biological therapy;** It can also be immunotherapy which means using the immune system to fight cancer cells e.g sipuleucel-T (provenge) has been developed to treat advanced or recurrent prostate cancer.

**Surgeries include**;

* Robotic prostatectomy
* Retropubic prostate surgery
* Laparoscopic prostatectomy
* Freezing prostate tissue (cryosurgery or cryoabulation)

**Nursing intervention**

**Preoperative nursing interventions;**

* Reducing anxiety
* Relieving discomfort
* Preparing the patient

**Postoperative nursing intervention**;

* Maintaining fluid balance
* Relieving pain

**Client teaching**

The patient undergoing prostatectomy may be discharged within several days. The patient and family require instruction about how to manage the drainage system, to assess for complications, monitor urinary input and output, about wound care and about strategies to prevent further complications.