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**17/MHS02/069**

**300 LEVEL**

**NURSING DEPARTMENT**

**MEDICAL SURGICAL NURSING (NSC 306) ASSIGNMENT**

TYPES OF PROSTATE DISORDERS

The three most common forms of prostate disorders are inflammation of the prostate gland (prostatitis), non-cancerous enlargement of the prostate (benign prostatic hyperplasia, or BPH) and prostate cancer.

1. PROSTATITIS

* ETIOLOGY: Prostatitis can be caused by bacteria that leak into the prostate gland from the urinary tract (the most common bacterial cause) and from direct extension or lymphatic spread from the rectum. It can also result from various sexually transmitted organisms such as Neisseria gonorrhoeae, Chlamydia trachomatis, or HIV.Acute prostatitis can be caused by common bacteria like Escherichia coli, Klebsiella, Proteus, Pseudomonas, Enterobacter, Enterococcus, Serratia, and Staphylococcus aureus.

While prostatitis can affect men of any age, it is more common in younger men, aged between 30 and 50 years. The main types of prostatitis are:

bacterial prostatitis – acute or chronic bacterial infection

non-bacterial prostatitis – inflamed prostate, also known as chronic pelvic pain syndrome (CPPS).

In most cases, the cause of prostatitis is unknown. Bacterial prostatitis responds well to antibiotic drugs that can get into the prostate.

Non-bacterial prostatitis, or CPPS, is the most common form of prostatitis and is more difficult to manage. Symptoms vary from one man to another.

Possible causes of CPPS include:

a)A past bacterial prostatitis infection.

b)Irritation from some chemicals.

c)A problem with the nerves connecting the lower urinary tract.

d)Problems with pelvic floor muscles.

e)sexual abuse.

f)chronic anxiety problems.

* SIGNS AND SYMPTOMS

1. Painful urination.
2. Polyuria(especially at night).
3. Blood in urine.
4. Urinary retention.
5. Pain in the lower back, bladder, genital area, groin, lower abdomen, pelvis, prostate, rectum or testicle.
6. Chills, fatigue and fever.
7. Discomfort or painful ejaculation.

PREVENTION:

1. Practice safe sex.
2. Limit caffeine and alcohol intake.
3. Maintain a healthy weight and avoid much stress.
4. Exercise and eat healthy.

* THERAPEUTIC INTERVENTIONS

1. Antibiotics. Taking antibiotics is the most commonly prescribed treatment for prostatitis.
2. Alpha blockers. These medications help relax the bladder neck and the muscle fibers where your prostate joins your bladder.
3. Anti-inflammatory agents. Non-steroidal anti-inflammatory drugs (NSAIDs) can be prescribed for pain.
4. Acupuncture and electroacupuncture.
5. Local thermotherapy.
6. Extracorporeal shockwave therapy.
7. Myofascial trigger point release.
8. Biofeedback.
9. Psychological support.
10. Prostatic surgery.

* NURSING INTERVENTIONS AND CLIENT TEACHING

1. Administration of prescribed medications and out patient teaching on continuing antibiotics therapy.
2. Encouraging patient to increase fluid intake, eat healthy and carry out physical activities.
3. BENIGN PROSTATIC HYPERPLASIA(BPH)

* ETIOLOGY: It occurs when the cells of the prostate gland begin to multiply. These additional cells cause your prostate gland to swell, which squeezes the urethra and limits the flow of urine. BPH is not the same as prostate cancer and doesn't increase the risk of cancer. It is not life threatening but can significantly affect the quality of the patient’s life.
* SIGNS AND SYMPTOMS

1. Incomplete bladder emptying.
2. Nocturia, which is the need to urinate two or more times per night.
3. Dribbling at the end of your urination.
4. Incontinence, or leakage of urine.
5. Need to strain when urinating.
6. Weak urinary stream.
7. Sudden urge to urinate.
8. Slowed or delayed urination.
9. Painful urination.
10. Blood in the urine.

* THERAPEUTIC INTERVENTIONS

1. Surgical therapies like; Transurethral resection of the prostate (TURP), Transurethral incision of the prostate (TUIP), Transurethral microwave thermotherapy (TUMT), Transurethral needle ablation (TUNA), Laser therapy, Prostatic urethral lift (PUL), embolization, open prostatectomy.
2. Alpha blockers: These medications relax bladder neck muscles and muscle fibers in the prostate, making urination easier.
3. 5-alpha reductase inhibitors: These medications shrink your prostate by preventing hormonal changes that cause prostate growth.
4. Combination drug therapy: May be recommended to take an alpha blocker and a 5-alpha reductase inhibitor at the same time if either medication alone is not effective.
5. Phosphodiesterase-5 Enzyme Inhibitors: Used for treatment of erectile dysfunction caused by BPH.

* NURSING INTERVENTIONS AND CLIENT TEACHING

1. The nurse should familiarize the patient with the preoperative and postoperative routines and initiate measures to reduce anxiety.
2. Bed rest and analgesics should be given to the patient if patient experiences discomfort. Other prescribed medications should also be administered by the nurse.
3. Fluid balance should be restored to normal with the help of a nurse.
4. The nurse should teach the patient exercises to regain urinary control.
5. The nurse should instruct patient to avoid spicy foods, alcohol, and coffee, and also to drink enough fluids.
6. The nurse should instruct patient about the need to monitor urinary output and strategies to prevent complications.
7. PROSTATE CANCER

* ETIOLOGY: The cause remains unknown, although advancing age and family history are known to be contributing factors. 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.
* SIGNS AND SYMPTOMS

1. Trouble urinating.
2. Decreased force in the stream of urine.
3. Blood in semen.
4. Discomfort in the pelvic area.
5. Bone pain.
6. Erectile dysfunction.

PREVENTION:

1. Eat healthy.
2. Avoid smoking.
3. Exercise.
4. Maintain a healthy weight.

* THERAPEUTIC INTERVENTION

1. Active surveillance.
2. Radical prostatectomy. A surgery to remove the prostate gland.
3. Radiation therapy. Could be either; Radiation that comes from outside of your body (external beam radiation) or Radiation placed inside your body (brachytherapy).
4. Hormone therapy.Hormone therapy is treatment to stop your body from producing the male hormone testosterone, as prostate cancer cells rely on testosterone to help them grow. Cutting off the supply of testosterone may cause cancer cells to die or to grow more slowly.
5. Hormone therapy options include:
6. Medications that stop your body from producing testosterone. Medications known as luteinizing hormone-releasing hormone (LH-RH) agonists prevent the testicles from receiving messages to make testosterone.
7. Medications that block testosterone from reaching cancer cells. Medications known as anti-androgens prevent testosterone from reaching your cancer cells.
8. Surgery to remove the testicles (orchiectomy). Removing your testicles reduces testosterone levels in your body.
9. Freezing prostate tissue. Cryosurgery or cryoablation involves freezing tissue to kill cancer cells.
10. Chemotherapy. Chemotherapy uses drugs to kill rapidly growing cells, including cancer cells.
11. Biological therapy (immunotherapy) uses your body's immune system to fight cancer cells.
12. Prescription of analgesics.

* NURSING INTERVENTIONS AND CLIENT TEACHING

1. Nurses should provide accurate, complete, and consistent information to help patients understand the full implications of the disease process.
2. Nurses must encourage men with prostate cancer to participate in making the best treatment decisions, and support their families to enable them to face this problem without emotional distress.
3. Nurses should administer prescribed medications to patient and ensure patient’s comfort.
4. Nurses should help patients manage symptoms and side effects and implement self-care measures.
5. Nurses should teach patient pelvic floor exercises, activities and diets to manage the side effects of cancer therapies.
6. Nurses must carry out urinary catheter care, infection prevention on surgical wound and the provision of appropriate nutrition and hydration.
7. Nurses should teach patients home self-care skills like pain control and relief, use of prescribed drugs, proper hydration, health diets and urinary catheter care at the time of discharge.