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 **COURSE: MEDICAL SURGICAL NURSING**

 **CORSE CODE: NSC 306**

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QUESTION 1

The different disorders of the prostate gland

ANSWER

The prostate gland is an organ of the male reproductive system. It is found at the base of the bladder.

The three most common forms of prostate diseases are;

1. PROSTATITIS: This is known as inflammation of the prostrate. It can affect men of any age but is common in younger men. It can either be bacterial or non-bacterial (chronic pelvic pain syndrome, CPPS)
2. BENIGN PROSTRATIC HYPERLASIA (BPH): This is a non-cancerous enlargement of the prostate gland. It is an age associated prostate gland enlargement that can cause urination difficulty. This is not life threatening but can significantly affect the quality of life. This enlargement of the prostate gland can lead to obstruction (blockage) in the flow of urine due to pressure that is being put on the base of the bladder.
3. PROSTATE CANCER: Prostate cancer typically affects men over the age of 50 years old. The main cause of prostate cancer is unknown although advancing age and family history are known to be a major factor. It usually comes with symptoms such as; Difficulty in urination, painful urination, blood in urine, feeling as though the bladder can’t be fully emptied etc.

QUESTION 2

The etiologies of the different prostate gland disorders

ANSWER

1. PROSTATITIS: Etiology of prostatitis include bacterial infection caused by bacteria that leak into the prostate gland from the urinary tract (the most common type of bacterial cause) and also sexually transmitted organisms such as Chlamydia-trachomatis. It also includes injury or immune disorder.
2. BENING PROSTATIC HYPERLASIA (BPH): Although the exact cause is unknown, changes in sex hormone that come with ageing may be a factor.
3. PROSTATE CANCER: The etiology of prostate cancer is not clear but doctors know that prostate cancer begins when some cells in your prostate becomes abnormal. Mutations in the abnormal cells’ DNA cause cells to grow and divide more rapidly than normal cells do. The accumulation of abnormal cells form a tumor that can grow to invade nearby tissues.

QUESTION 3

The therapeutic interventions as well as surgeries

ANSWER

1. PROSTATITIS: Treatment for prostatitis include medications such as; Antibacterial drugs e.g. Ciprofloxacin, NSAIDs to relief pain, Alpha blockers which relax muscles of the prostrate and neck of the bladder to relieve symptoms e.g. Doxazosin (Cardura), and supplements. Supportive treatments such as physical therapy and prostrate massage can also be given. Surgery is not usually indicated for chronic prostatitis
2. BENING PROSTATE HYPERPLASIA (BPH): Treatment of BPH includes medication to relax the smooth muscle of the gland or to shrink the size of the prostrate. Surgical intervention for outpatients include; transurethral microwave therapy (TUMT) and Water induced thermotherapy (WIT), while surgical interventions for Inpatients include; Transurethral resection of the prostate (TURP). TURP surgery is done to produce a permanent widened channel in the part of the urethra that passes through the prostrate.
3. PROSTATE CANCER: Management for prostate cancer includes; Radiotherapy and hormone treatment. Surgery is also a common choice to try to cure prostate cancer if it is not thought to have spread outside the prostate gland. The main type of surgery for prostate cancer is called Radical prostatectomy. In this operation, the surgeon removes the entire prostate gland plus some of the surrounding tissues.

QUESTION 4

The nursing care and client teaching in the different prostate gland disorders

ANSWER

1. PROSTATITS

Nursing care for Prostatitis

* Vital signs for baseline data and for signs of infection
* Nurse should ensure to keep records of stents and catheter separate
* Nurse should secure stents and catheter to avoid displacement
* Control pain pharmacologically and non-pharmacologically

 Client teaching for prostatitis

* Place a heating pad to that area to increase blood flow to that area. Warm baths may decrease prostate fullness and discomfort.
* Urinate often. Do not wait to urinate.
* Prostrate massage may be used to treat chronic prostatitis
* Do not drink alcohol or eat spicy foods until you have finished treatment. Also limit the intake of caffeine
1. BENING PROSTATIC HYPERPLASIA (BPH)

Nursing care for BPH

* Relief acute urinary retention
* Promote comfort
* Prevent complications
* Provide information about disease process, prognosis, and treatment needs
* Support client psychologically

Client teaching for BPH

* Try to relax while urinating
* If dribbling is a problem, wash your penis daily to avoid skin irritation and infection
* Spread your fluid intake throughout the day
* Avoid antihistamines, decongestants and allergy pills
1. PROSTRATE CANCER

Nursing care for Prostate cancer

* Check stress value of early diagnosis and treatment
* Check vital signs at 30 minutes after surgery has been done to check patients stability
* Encourage patients’ relatives
* Make patient comfortable by providing total nursing care
* Help patient’s recovery pharmacologically

Client teaching for prostate cancer

* Do not smoke. Nicotine Can damage blood vessels and make it difficult to manage prostate cancer
* Eat a variety of healthy foods e.g. vegetables, fruits, whole grains, beans , fish etc. especially foods that contain calcium and vitamin D
* Manage your weight
* Exercise as directed by the physiotherapist
* Drink liquids as directed