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NSC 306

Med surge

300level

Assignment

1. Disorders of the prostate gland;

A. Prostatitis

B. prostate cancer

C. Benign prostrate hypertrophy (BPH)

BPH;

It is an enlargement of the prostate gland that constricts the urethra causing urinary symptoms. It is common in men above 50years.

CAUSES

1. Aging 6. Metabolic or nutrition disturbances

2. Auto immune response 7.Arteriosclerosis

3. Hormonal disturbances

4. Tumour

5. Infections

THERAPEUTIC INTERVENTION AND SURGERIES;

1. Rectal examination: for examination of prostrate
2. Urinalysis: to rule out haematuria and infection
3. Serum prostatic specific antigen: to rule out cancer but may be elevated in BPH
4. Ultrasound and CT scan: for renal masses and vascular disorders

SURGERIES;

Surgical prostatectomy or partial prostatectomy

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

Suprapubic (transversical): incision into the bladder to remove prostate gland

Perineal: remove gland through the perineum

Retropubic: incision through lower abdominal wall

NURSING MANAGEMENT AND HEALTH EDUCATION management;

1. Assessment; examine with objective and subjective data
2. Obtain history of voiding symptoms , onset, frequency of day and night urination, dysuria, sensation of incomplete bladder emptying
3. Perform rectal and abdominal examination to detect distended bladder and degree of enlargement, size, shape and consistency.

Pre-operative care;

1. Observe all general pre-operative care
2. Allay patients fear, anxiety
3. Explain the type of surgery
4. Consent, intravenous line, site preparation

Post-operative care;

1. Vital signs and observe operation site frequently for bleeding
2. Strict intake and output chart
3. Prevent cloth formation in catheter by preventing kinking and encourage oral fluid intake
4. Encourage early ambulation with passive and active exercises to prevent complications
5. Avoid staining, heavy lifting and prolonged sitting

HEALTH EDUCATION FOR PATIENTS;

1. Explain the symptoms and complications of BPH and encourage patients to report symptoms
2. Teach patients to do kegel exercise after surgery to help control of voiding at least 15 sets a day
3. Advice and tell patients to avoid sexual intercourse, straining at stool, heavy lifting and long periods of siting for 6 to 8 weeks after surgery until prostatic fossa is healed
4. Advice follow up visits as urethra stricture may occur and regrowth of prostrate is possible

Prostatitis

It is an acute inflammation of the prostate gland classified as bacterial prostatitis (acute or chronic) and non-bacteria prostatitis

CAUSES

1. For acute prostatitis; bacteria such as pseudomonas and gram positive cocci such as streptococcus and staphylococcus
2. For chronic prostatitis; caused by bacteria such as gram negative eg; e.coli, pneumonia and pseudomonas

Clinical features;

1. Sudden chill and fever

2. Bladder irritability- frequency, dysuria, nocturia, urgency and haematuria

3. Pain after ejaculation

Therapeutic intervention;

1. Antimicrobial therapy 10-14 days based on sensitivity, iv may be required
2. For chronic prostatitis4 weeks of antibiotics therapy with ability to diffuse into prostrate e,g ciprofloxacin.
3. Oral antispasmodic agents to relief frequency and urgency
4. Anticholinergic to relieve spasms

Surgery;

Surgery is not indicated for chronic prostatitis. However in selected situation when a patient has recurrent episodes of chronic prostatitis and improves with antibiotic transurethral resection of the prostrate (TURP) or transurethral vaporization of the prostrate (TUVP) may remove a nidus of infection.

Nursing care;

1. Obtain previous urinary tract infection, sexually transmitted infections or voiding pattern.
2. Collect specimens of urine for culture and prostatic secretions
3. Start as prescribed antibiotics therapy according to results of culture and sensitivity
4. Tepid sponge and administer antipyretic when necessary
5. Keep patient well hydrated but avoid over hydration
6. Administer analgesic and anti-inflammatory drugs as prescribed
7. Maintain bed rest to relief perineal and suprapubic pain
8. Educate on the importance of completing the course of treatment
9. Instruct on sitz bath 10-20 minutes daily
10. Avoid sexual intercourse/arousal may be beneficial till cleared
11. Ensure follow up because reoccurrence is possible

HEALTH EDUCATION TO PATIENTS;

1. Limit or avoid alcohol, caffeine and spicy or acidic foods it could irritate the bladder
2. Avoid activities that could irritate your prostrate such as prolonged sitting or bicycling
3. Drink caffeine free beverages this will cause you to urinate more and flush bacteria from your bladder.

POSTRATE CANCER;

It is a cancer that occurs in the prostrate (a small walnut shaped gland in men that produces the seminal fluid that nourishes and transports sperm). It is one of the most common type of cancer in men.

CAUSES;

The cause is not clearly known but it usually begins when some cells in your prostrate become abnormal. Mutations in the abnormal cell DNA cause the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when the others would die. The abnormal cells form a tumour that can grow to invade nearby tissue. Some abnormal cells can also break off and spread to other parts of the body.

THERAPEUTIC INTERVENTION AND SURGERY;

Active surveillance; this is closely watching for any sign that cancer may be growing or changing. You don’t have to decide on a treatment right away. There are tests that can be done such as; DRE, PSA tests and biopsies the tests can show if a cancer is growing or changing in any way. It is usually used for men with early stage prostate cancer because the cancer often grows so slowly that it may not cause problems during a man’s lifetime. For some men it could be a way to avoid side effects and costs on treatment.

SURGERY;

They are different types of surgery for prostate cancer. They include;

1. Open prostatectomy; also called retropubic. Here the doctor removes the prostrate through a single long cut made in the abdomen from a point below your navel to just above the pubic bone. This type of surgery can be used for nerve sparing surgery which lessens the chance that the nerve near the prostrate will be harmed. This nerves control erection and normal bladder functioning.
2. Laparoscopic surgery; in this surgery the doctor uses a laparoscope to see and remove the prostrate. A laparoscope is a long slender tube with a light and camera on the end. This surgery is done through a 4-6 small cuts in the navel and abdomen instead of a single long cut in the abdomen. The laparoscope is inserted through one of the cuts and surgery tools are inserted through the others. A robot can be used to do this surgery
3. Perineal prostatectomy; this surgery the doctor removes the prostrate through an incision between your scrotum and anus. With this method the surgeon is not able to check the lymph nodes for cancer and nerve sparing is difficult. It is a rare surgery

Radiation therapy;

This type of treatment uses high doses of radiation energy to treat cancer. Radiation therapy is a good choice for many men with early stage prostate cancer. It is the best treatment for older men or those who have other health problems. There are different types of radiation therapy;

1. External beam radiation
2. 3-D conformal radiation therapy
3. Brachytherapy
4. LDR brachytherapy
5. HDR brachytherapy

Nursing role for patients with prostate cancer;

1. The nurse needs to asses patients for side effects and offer formal assessment and treatment for troubling symptoms. Patients should be asked daily about the side effect
2. Treatment for prostate cancer affect masculinity as side effect include erectile dysfunction, testicular shrinkage, breast development and loss of strength. This may mask psychological distress. Nurses should be alert to cues and offer patients referral to patients with psychosexual issues

HEALTH EDUCATION TO PATIENTS;

1. Exercise regularly which is a way of staying active and boost your overall health
2. Advice patients to quit smoking
3. Seek treatment for sexual health