

NAME : DIAYI SUSAN MERCY
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ANSWERS

The Prostate gland is a male reproductive organ that produces fluids that feeds and protect sperm cells it has a size of a walnut and it's found in the base of the bladder

1. The different disorders of the Prostate gland are

- a. Inflammation of the prostrate (prostatitis)
- b . The benign prostatic hyperplasia
- c. Prostate cancer

(1.a) Inflammation of the Prostate (prostatitis):This is the inflammation of the Prostate that may be caused by a bacteria infection . This disease may affect men of any age and can occur in any Prostate whether small or enlarged. Symptoms of prostatitis are similar to those caused by enlarged Prostate and include urge frequency with difficulty in emptying the bladder. Prostatitis may be indicated by chills, fever, and by pain or burning during urination . It can also result from various sexually transmitted organisms such as neisseria , gonorrhea chlamydia or Hiv .

(1b.) The benign prostatic hyperplasia: This is a non cancerous enlargement of the Prostate gland that affects approximately 50% of all men before the age of 50 and greater than 75% of men over the age of 60 . The enlargement of the Prostate gland which surrounds the top of the urethra to narrow and put pressure on the base of the bladder this can lead to obstruction in the flow of urine symptoms include: frequent or urgent need to urinate , increased frequency of urination at night ,difficulty in starting urination ,weak urine stream or stream that starts and stops and inability to completely empty the bladder .

(1c.) Prostate Cancer : This is the second leading cancer death among men in major cases . Prostate cancer will be detected while it still localized rather than metastasized when prostate cancer is detected early and treated the five year outcome is generally very successful. Signs and symptoms includes : difficulty in beginning urination , a frequent need to urinate primarily at night the inability to Urinate , painful or burning sensation during urination and painful ejaculation .

(2). Their aetiologies includes :

a . Inflammation of the Prostate (prostatitis) : This can be caused by bacteria that leaks 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 organism such as neisseria gonorrhoeae chlamydia, or hiv . Other organism responsible for infections are the same found in the urinary tract infections such as escherichia coli in many instances especially in the chronic form of prostatitis. treatment may include taking of antibiotics, alpha blockers, anti inflammatory agents

2b.) The benign Prostate hyperplasia Aetiology : BPH is considered a normal condition of male aging and many older men than 80yrs above have bph symptoms. Although the exact cause is unknown changes in male sex hormones that comes with aging may be a factor any family history of prostate problems or any abnormalities which the testicles may raise risk of BPH.

2c.) The aetiology of prostate cancer : it is not clear what causes prostate cancer it begins when some cells in the Prostate becomes abnormal. Mutations in the abnormal cells DNA causes the cells to grow and divide more rapidly than the normal cells do . Management approach for

prostate cancer includes :

- active surveillance
- surgery for example prostatectomy
- radiotherapy .

3 .) The therapeutic interventions and surgery includes

• For Benign prostate hyperplasia therapeutics interventions : There are Several medications such as alpha - 1 blockers , hormones reduction medications and antibiotics that can help to both treat symptoms of BPH . Alpha -1 blockers are medications that help relax the muscles of the blockers and prostate and make it easier for urine to flow . Alpha -1 blockers includes :

• doxazosin

• prazosin

• alfuzosin

• terazosin

• tamsulosin

For the surgery : There are many type of surgical procedures which are

• Transurethral reduction of the prostate (TURP): It is the most commonly used medical treatment for BPH a small instrument inserted into the urethra into the Prostate the prostate bit now removed piece by piece.

• Simple prostatectomy:An incision into the abdomen or prenum which is the area behind your scrotum is made then the inner part of the prostate is removed leaving the outer part .

• Transurethral incision of the prostate (TUIP): This is similar to TURP , but the prostate isn't removed instead a small incision is made in the prostate that will enlarge your bladder outlet and urethra . The incision allows urine to Flow more freely.

• The therapeutic interventions for prostate cancer includes :

• Hormone therapy : prostate cancer cells need make sex hormones like testosterone to keep growing this treatment keeps cancer cells from getting them some hormone treatment lowers the level testosterone .

• Cryotherapy:early prostate cancer cells doctors might likely choose to kill cancer cells by freezing them by putting small needles or probes into Prostate to deliver cold gasses that destroys the cells

• Chemotherapy : this treatment uses drugs to shrink or kill prostate cancer Cells drugs can be taken by mouth or injected through bloodstream.

For the surgery : • open or laparoscopic radical prostatectomy

• open prostatectomy radical retro pubic prostatectomy

• radical perineal prostatectomy

• laparoscopic prostatectomy

• Transurethral resection of the prostate TURP .

•The therapeutic intervention for prostatitis includes :

• avoid food that triggers symptoms such as caffeine spicy foods and alcohol

• using cushion I'd sitting down for long

• the use of antibiotics medicine for acute infectious prostatitis such as ciproflaxin, norflocacin and ofloxin

- For the surgery: surgery is not usually indicated for chronic prostritis it improves with antibiotics Transurethral resection of the prostrate (TURP) or Transurethral vaporization of the prostrate (TUVP) .

4 .) The nursing Care and Client teaching in different conditions :

NURSING CARE FOR PROSTRATE CANCER INCLUDES::

- involve the patient in diversional therapy to reduce anxiety and relive discomfort
- monitor intake and output
- monitor vital signs
- administer diuretics agents as prescribed
- educate patients on disease conditions

FOR HEALTH EDUCATION :

- The nurse should educate patient about carrying out perineal exercise to gain full Urinary control.
- The nurse educated the patient about avoiding long motor trips and strenuous exercises which increases the tendency to bleed
- The nurse educated patient about activities that produces valsava effects straining heavy lifting because they may increase venous pressure and produce hematuria

NURSING CARE FOR BENIGN PROSTRATE HYPERPLASIA

- preparation of patient for surgery if needed
- Administration of medications for pain and relieving urinary retention .

FOR HEALTH EDUCATION

- The nurse educated the patient on avoiding alcohol or drinks containing caffeine which will irritate the balder .
- The nurse educates the patient to avoid letting the bladder get too full
- The nurse educates the patient on the importance of completing his medication .

NURSING CARE FOR PROSTATITIS

- Administration of prescribed and provision of comfort measures including prescribed analgesic agent and sitz baths .
- The nurse needs to educate patient about the importance of continuing antibiotic therapy and recognizing recurrent signs and symptoms of prostatitis .

FOR HEALTH EDUCATION:

The nurse educates the patient on the following which are :

- The importance of the completing the prescribed course of antibiotic therapy
- To avoid foods and drinks with diuretic action or that increases prostatic secretion such as alcohol , coffee, tea and chocolate .