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**COURSE TITLE: MEDICAL SURGICAL NURSING 2 (NSC306)**

**300 LEVEL NURSING**

**THE DIFFERENT DISORDERS OF THE PROSTATE GLAND:**

There are three most common types of prostate gland disorders and they are**:**

* **PROSTATITIS:** This is the inflammation of the prostate. It is common in younger men aged between 30-50 years. There are 2 types :

1. Bacterial prostatitis: acute or chronic bacterial infection.

2. Non bacterial prostatitis: inflamed prostate also known as Chronic Pelvic Syndrome. It is the most common form prostatitis and it is difficult to manage.

CAUSE

The cause of prostatitis is unknown in most cases. : it is majorly caused by bacteria which is Escherichia coli, sexually transmitted infections such as gonorrhea and Chlamydia. An injury of the prostate gland can cause prostatitis as well as a disorder of the nervous system can be a cause.

THERAPEUTIC INTERVENTION

Antibiotics: taking antibiotic is the most commonly prescribed treatment for prostatitis

Alpha blockers: This medication helps to relax the bladder neck and the muscle fibre where the prostate joins the bladder.

Anti inflammatory agents: Non steroidal anti-inflammatory drugs might make you more comfortable.

SURGERY: This includes; Transutheral vaporization of the prostate (TUVP) or Transutheral resection of the prostate (TURP). They are performed after preoperative antibiotics have been administered.

NURSING CARE

* Administration of prescribed analgesics
* Provide comfort and sitz bath

HEALTH EDUCATION; The nurse educates the patient on:

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

**BENIGN PROSTATIC HYPERPLASIA**:

It is also known as Non cancerous enlargement of the prostate gland. It is more common as men grow older and it is not life threatening. The enlargement of the prostate gland causes the urethra to narrow and put pressure on the bladder leading to the obstruction of the flow of urine.

CAUSE

The exact cause is unknown but smoking, elevated estrogren level, diet can be contributing factors

THERAPEUTIC INTERVENTION

1. Alpha blockers
2. 5-alpha reductase inhibitotrs
3. Combination therapy
4. Anticholinergic agents
5. Dietary supplements
6. Watchful waiting and lifestyle changes

SURGERY: The most common surgery for BPH is called Transutheral resection of the prostate (TURP). During the procedure, surgeons remove the excess prostate tissue through the urethra.

NURSING CARE

* Involve patient in diversional therapy to reduce anxiety and relieve discomfort
* Educate patient o disease condition
* Monitor patient vital sign before and after surgery
* Administer diruetics agents as prescribed
* Monitor input and output

HEALTH TEACHING

* The nurse educates the patient on carrying out perineal exercise to gain full urinary control
* The nurse educates the patient about avoiding long motor trips and strenuous exercise.

**PROSTATE CANCER**: This typically affects men over the age of 50 years. The cause of this remains unknown although advancing age and family history are known to be factors. In the early stages, the cancer cells are confined to the prostate gland. As the cancer advances, the cancer cells enter the vascular and lymphatic systems early and spread to other parts of the body especially the bones.

CAUSE

The cause of prostate cancer is not clear but Doctors know that prostate cancer begins when some cells in the prostate become abnormal. Mutations in the abnormal cells DNA cause the cells to grow and divide more rapidly than normal cells do.

THERAPEUTIC INTERVENTION

1. Cryotherapy
2. Radiation therapy
3. Hormone therapy
4. Chemotherapy
5. Immunotherapy
6. Treating the spread from bones

SURGERY

The main surgery for prostate cancer is a radical Prostatectomy. In this procedure, the surgeon removes the entire prostate gland plus some of the tissues around it, including the seminal vesicles

NURSING CARE

* Initiating conversations with patient to reduce fear
* Provide support that are necessary
* Engaging in weight bearing activities.

HEALTH EDUCATION

* Encourage patient on regular check ups
* Explain the conditions that make the disease get severe