**ASSIGNMENT ON THE DIFFERENT DISORDERS OF THE PROSTRATE GLAND AND THEIR AETIOLOGIES**

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**TO BE SUBMITTED TO DR OLUWASEYI OYEDELE AKPOR**

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7. **DEFINITION**

The prostrate s positioned in the middle of the urethra on its way from the bladder to a penis. Prostate gland disorders are one of the major vulnerable organs condition in the males organism which are caused by either an infection or bacteria.

1. **DISORDERS OF THE DIFFFERNET PROSTATE GLAND**

**There are different disorders of the prostate gland and they are:**

* Prostatitis: is an acute inflammation of the prostate gland classified as bacteria prostatitis ( acute or chronic) and non-bacteria prostatitis, it may be caused by any urinary tract infection however most common by prosteus and can be treated with antibiotics.
* Enlarged prostate gland: is defined as a non-malignant enlargement of the gland, also known as benign prostatic hypertrophy (BPH). It constrict the urethra causing urinary

symptoms and it is common in men above the age of 50 years.

* Prostate cancer: in men’s body this gland cancer is the most common type of malignancy.
1. **AETIOLOGIES OF DIFFERENT DISORDERS**
2. Prostatitis:
* Acute prostatitis: bacteria such as pseudomonas and gram negative cocci such as streptococcus and staphylococcus.
* Chronic prostatitis: bacteria such as gram positive e.g. e.coli, websiella, pneumonia, and pseudomonas aeruginosa.
1. Enlarged prostate gland:
* Auto immune response
* Metabolic or nutritional disturbance
* Aging
* Tumor
* Infections
* Hormonal disturbances/activities (decrease androgen with increase androgen).
1. Prostate cancer:
* Genetic predisposition
* Diet
* Infections
* Hormonal imbalance
* Exposure to toxins
1. I) **THERAPEUTIC INTERVENTION**
2. Enlarged prostate gland:
* Catheterization to empty bladder ( for mild cases , catheterization for 2-3 days)
* Hormonal therapy to balance estrogen-androgen level.
* Antibiotics for infection
1. Prostatitis:
* Tepid sponge and administer antipyretic when necessary
* Keep patient well hydrated but avoid over hydration
* Administer analgesic and anti-inflammatory drugs as prescribed
1. Prostate cancer:
* Hormonal therapy to balance the hormones
* Good balance nutrition ( nutritional therapy)
* Antibiotics to treat infections

II) **SURGICAL INTERVENTION:**

* Major intervention is surgical prostatectomy or partial prostatectomy through different ways which include transurethral resection, and perineal.
* Monitor vital signs
* Instruct on sits bath 10-20min
* Maintain bed rest to relief perineal and suprapubic pain
* An Aseptic wound dressing should be done to avoid infection and faster recovery.
1. **NURSING CARE PLAN FOR MR OKAFOR JOHN**

**HOSPITAL NUMBER: 00967**

**HOSPITAL WARD: MALE SURGICAL**

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| NURSING DIAGNOSIS | OBJECTIVE | NURSING INTERVENTION | SCIENTIFIC RATIONALE | EVALUATION |
| Pain related to surgical procedure evidenced by patient verbalization | Patient will verbalize less pain within 30min-1hour of nursing intervention | Assess level of pain.Establish patient interpersonal relationship.Make patient comfortable.Provide diversional therapy e.g. massage.Pharmacological therapy. | To know baseline data.To assure the patient trust.To reduce pressure.Distract patient mind from pain.To reduce pain. | Patient verbalized less pain within 45minute of nursing intervention. |
| Anxiety related to outcome of surgery evidenced by patient facial expression | Patient will be less anxious within 30min-1hour of nursing intervention | Establish patient interpersonal relationship.Reassure the patient.Involve patient family.Pharmacological therapy e.g sedative | To assure patient trust.To reduce anxiety.To reduce anxiety by allowing patient family to see patient.To reduce patient anxiety and make patient rest. | Patient expressed less anxious within m45minute of nursing intervention. |
| Risk for infection related to urinary catherization. | Patient will show no sign of infection throughout hospitalization. | Provide aseptic technique during wound dressing.Ensure patient environment is clean.Provide balance nutrition (nutriC).Pharmacological therapy e.g. antibiotics | To avoid cross infection of microorganism.To prevent infection.For wound healing and to meets required needs of the body.For fast healing process of the wound. |  |
| Altered urinary elimination related to obstruction of urethra evidenced by patient verbalization. | Patient will verbalize free release of urinary elimination within 30min-1hour of nursing intervention. | Asses level of obstruction of the urethra.Establish patient interpersonal relationship.Provide psychological therapy.Administer passage of catheter through the help of a gel.Pharmacological therapy. | To know baseline data.To assure the patient trust.To reassure the patient.The gel helps in easy passage of urinary catheter without feeling pain.To reduce pain after the procedure. | Patient verbalized free release of urinary elimination within 45minute of nursing intervention. |

1. **CLIENT TEACHING ON DIFFERENT CONDITIONS:**
2. Prostate cancer:
* Educate patient on the disease condition and the complication that follows if treatment is not continued.
* Educate patient to reduce weight so to reduce the risk of prostate cancer
* Educate patient to take medications on time and adequate good nutritional diet
1. Enlarged prostate gland:
* Educate patient on the condition and complication that follows
* Educate patient on different lifestyles that could increase the risk of having enlarged prostate gland ( BPH)
* Educate patient to empty bladder always or if any signs of urinary symptoms, the patient should report to the physician or undergo catheterization
* Educate patient to take medications to boost their immune system
1. Prostatitis:
* Educate the patient on the importance of completing the course of the treatment
* Encourage follow up because reoccurrence is possible
* Educate the patient to avoid sitting for long period of time
* Educate patient to avoid sexual intercourse/ arousal till the disease condition id cleared so as not to increase the risk of making the disease condition worse
* Educate patient to undergo kegel exercise to strengthen the muscle in the prostate gland
* Provide health education on measures to prevent urinary tract infection, such as wiping from front to back after bowel movement.