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**ANSWERS:**

**1.THE DIFFERENT DISORDERSNOF THE POSTRATE GLAND: the three most common forms of the prostate diseases are the inflammation (prostatitis), non-cancerous enlargement of the prostate (benign prostatic hyperplasia, or BPH) and prostate cancer.**

**1. inflammation of the prostate (prostatitis): can affect men of many age, it is more common in younger men, age, between 30-50yrs . the main types of prostatitis are**

**i. bacterial prostatitis: acute or chronic bacterial infection**

**ii. non-bacterial prostatitis: inflamed prostrate, also known as chronic pelvic syndrome (CPPS)**

**In most cases, the causes of prostatitis is unknown . bacterial prostatitis responds well to antibiotic drugs that can get into the prostate. Non-bacterial prostate or CPPS, is the most common form of prostatitis and is more difficult to manage**

**ETIOLOGY: swelling of the small walnut-sized gland(postrate) that produces seminal fluid.**

**CAUSES: causes also include infection, injury or an immune system disorder, painful or difficult urination . other symptoms may include pain in the groin and pelvic area**

**Symptoms: 1. Pain or burning sensation while urinating**

**2. difficulty urinating , such as dribbling**

**3. cloudy urine**

**4. blood in the urine**

**5.pain in the abdomen, groin or lower back**

**Complications of prostatitis: bacteria infection of the blood, inflammation of the coiled tube attached to the back of the testicle , semen abnormalities and infertility, which can occur with chronic prostatitis.**

**2.benign prostatic hyperplasia: also known as**  non-cancerous enlargement of the prostate, is the enlargement of the prostate gland (which surrounds the top of the uuurethra)causes the urethra to narrow, and puts pressure on the base of the bladder. It can lead to obstruction (blockage)in the flow of urine.

Etiology: it occurs when the cell begins to multiply. The additional cells cause your prostate gland to swell, which sqeezes the urethra and limits the flow of urine.

Complications of BPH:

1. Urinary tract infections
2. Urinary stones
3. Bleeding in the urinary tract
4. Kidney damage
5. A sudden inability to urinate

3**. prostate cancer**: prostrate cancer is a cancer that occurs in the prostate . a small walnut-shaped gland in men that produces the seminal fluid that nourishes and transport sperm.

Prostate cancer is one of the most common type of cancer in men. Usually prostate cancer grows slowly and initially confined to prostate gland, where it ,may not cause serious harm. However, some types of prostate cancer grow slowly and may need minimal or even no treatment, other type are aggressive and can spread quickly

Etiology: it may cause no signs and symptoms in the early stages . but some causes are when the cell in your prostate becomes abnormal, when there is mutation in the abnormal cells, DNA cause the cells to grow and divide more rapidly than normal cells do

A prostate cancer that is more advance may cause signs and symptoms such as

1.trouble urinating

2. decreased force in the stream of urine

3. blood in the semen

4. discomfort in the pelvic area

5. bone pain

6. erectile dysfunction

The therapeutic intervention as well as surgeries:

Treatment of prostatitis:

1.**antibiotics:** taking antibiotics is the most commonly prescribed treatment for prostatitis. The medications is based on the type of bacteria that might be causing the infection , if you have severe symptoms , you might need intravenous (IV) antibiotics.

2 **alpha blockers:** these medications help relax the bladder neck and the muscle fibers where your prostate joins your bladder. These treatment might ease symptoms, such as painful urination

3.**anti-inflammatory agents**: nosteroidal anti-inflammatory drugs (NSAIDs) might make you more comfortable

4**. other medicines to relieve pain:** medicines used for other conditions can also be used to treat prostatitis pain. You might be offered anti depressants( such as amitriptyline)to treat long term prostatitis

**Therapeutic intervention for `BPH:** There are several medications such as alpha-1blockers, hormone reduction medications, and antibiotics that can help both to treat the symptoms of BPH and BPH itself

**ALPHA-1BLOCKERS:** Alpha-1blockers are medications that relax the muscle of the bladder and prostate and make it easier for urine flow. Examples of alpha-1 blockers include

1.doxazosin

2.alfuzosin

3.prazosin

4.terazosin

5.tamsulosin

2. **hormone reduction medication**: medications that reduce the levels of hormones produced by the prostate gland such as dutasteride are commonly prescribed. These are two medications that lowers the levels of testosterone. Sometimes , lowering the hormones level will make the prostate get smaller and improve urine flow.

**Surgery for BPH: there are different types of surgical procedures that can help treat BPH when medications when medications are not effective.**

**1.TRANSURETHRAL resection of the prostate (TURP): is the most commonly used surgical treatment for BPH. a small instrument is inserted through yourburethra into the prostate . the prostate is then removed piece by piece**

**2**. **simple prostatectomy:**  an incision in your abdomen or perineum, which is the area behind your scrotum is made, then the inner part of your prostate is removed , leaving the outer part. After this procedure, you may have to stay in the hospital for up to 10 days .

3. transurethral incision of the prostate (TUIP): is similar to transurethral resection of the prostate(TURP) but in this case you prostate isn’t removed instead, a small incision is made in your prostate

4. NURSING CARE/CLIENT TEACHING IN THE DIFFERENT CONDITIONS:

NURSING MANAGEMENT/CARE:

1.administration of prescribed and provision of comfort measures, including prescribed analgesic agent and sitz bath

2. the nurse needs to educate the patient about the importance of continuing antibiotic therapy and recognizing recurrent signs and symptoms of prostatitis

**Health Education:** the nurse educates the patient on the following which are :

1.the importance of completing the prescribed course of antibiotic therapy

2.to avoid food and drinks with diuretic action or that increases prosthetic section such as alcohol, coffee, tea and chocolate

NURSING CARE/MANAGEMENT:

1.involve patient in diversional therapy to reduce anxiety and relieve discomfort

2. monitor intake and output

3.administer diuretic patient as prescribed

4. educate patient on diseases condition

5. monitor patients vital signs

HEALTH EDUCATION:

1.the nurses educates the patient about carrying out perineal exercises to gain full urinal control

2.the nurses educates the patient about avoiding long motor trips and strenuous exercises, the tendency to bleed

3.the nurse educated the patient about activities that produces Valsalva effects (straining, heavy lifting) because they may increase venous pressure and produce hematuria

4. the nurse educates the patient about drinking enough fluid to avoid dehydration which increases the tendency for a blood clot to form and obstruct the flow of urine

**NURSING CARE:**

1. Preparation of patient for surgery If needed
2. Administration of medications for pain and relieving urinary retention

**Health education:**

1. The nurse educate the patient to avoid getting the bladder get too full
2. The nurse educates the patient on avoiding alcohol drinks containing caffeine which will irritate the bladder
3. The nurse on the importance of completing his medication.