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Matric Number: 17/mhs02/073

Course: Medical Surgical Nursing (Nsc 306)

Date: 10/04/2020

 Assignment Questions

Summarize the following in maximum of 6 typed pages

1. The different disorders of prostate glands
2. Their etiologies
3. The therapeutic interventions as well as surgeries
4. The nursing care and client teaching in different conditions

 **Answers**

 **Prostate Gland**

 **Anatomy of The Prostate Gland**

 This is a gland that lies just below the neck of a bladder, surrounds the urethra, and is transverse by the ejaculatory duct, a continuation of the vas deferens; produces a secretion that is chemically and physiologically suitable to the needs of the spermatozoa in their passage from the testes. And it is a walnut sized gland located between the bladder and the penis.

 **The Physiology of Prostate Gland**

The principal function of the prostate gland is to secrete prostate fluid, one of the component of the semen, and also the muscles of the prostate gland also help propel this seminal fluid into the urethra during ejaculation.

 **Diagnostic Evaluation For The Prostate**

1. Direct Rectal Examination: The doctor inserts a lubricated gloved finger into the rectum and feels the prostate. This procedure can sometimes detect an enlarged prostate, lumps or nodules of the prostate cancer or tenderness from prostatitis.
2. Prostate Ultrasound (Transparent Ultrasound): An ultrasound probe is inserted into the rectum, bringing it close to the prostate. Transrectal ultrasound (TRUS) studies maybe performed in patient with abnormalities detected by Direct Rectal Examination or those with elevated prostate specific Antigen levels. It is also done with a biopsy to test for prostate cancer.
3. Prostate Biopsy: A needles is inserted into the prostate through the rectum to take out.
4. The prostate-specific antigen: prostate gland produces a substance known as prostate specific antigen(PSA). It is measured in blood specimen, and levels increase with prostate cancer. The range of values considered normal is 0.2 to 4.0ng/ml. values over 4.0 are elevated .

 **Disorders of Prostate Gland**

1. Prostatitis:

 Is an inflammation of the prostate. This can be caused by a bacterial infection. Men of all ages can get prostatitis and it can occur in any size prostate (enlarged or not). Prostatitis affects men of all ages but tends to be more common in men 50 years of age or younger and it causes painful or difficult urination.

 Aetiologies of Prostatitis

 Acute bacterial prostatitis is often caused by common strains of bacteria. The infection may start when bacteria carried in urine leaks into the prostate.

 Bacterial Infections is not the only cause of prostatis. Other causes include:

* Nervous System Disorder
* Immune System Disorder
* Injury to The Prostate or Prostate Area

 Surgeries/Therapeutic Interventions

Medications include:

* Alpha blockers
* Antibiotics
* Anti-inflammatory agents(NSAIDS)

 Surgeries Include:

* Laser surgery
* Transurethral prostatectomy
* Open prostatectomy (open surgery)
* Laparoscopic and robotic prostatectomy

 Nursing Interventions

* Administration of prescribed antibiotics and provision of comfort measures, including prescribed analgesic agents and sitz baths this is for treatment of acute prostatitis.
* The patient with chronic prostatitis is usually treated on an outpatient basis and needs to be instructed about the importance of continuing antibiotic therapy.

 Client Teaching

The nurse educates the patient on the following which includes:

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

 A non-cancerous enlargement or hypertrophy of the prostate, It is also one of the most common disease in men. The signs and symptoms are frequent urination, urination at night, urgency to urinate and urinary tract infection.

Aetiologies of Benign Prostatic Hypeplasia

 BPH occurs when the cell of the prostate gland begin to multiply. These additional cells cause your prostate gland to swell, which squeeze the urethra and limits the flow of urine.

Surgeries/Therapeutic Interventions

Therapeutic interventions include:

* Alpha adrenergic blockers relax the neck of bladder muscles and muscles fibers in the prostate, making urination easier. Examples includes doxazosin(Cardura), alfuzosin (uroxatral).
* 5-alpha reductase inhibitors: These medications shrink the prostate by preventing hormonal changes that cause prostate growth E.g finastende(proscar).
* Combination of drug therapy: Eg combining alpha blockers and alpha reductase.

Surgeries include:

* Transurethral Resection of the Prostate (TURP): A lightened scope is inserted into the urethra and the surgeon removes all but the outer part of the prostate.
* Transurethral Incision of the Prostate: A lighted scope is inserted into the urethra and the surgeon makes one or two small cuts in the prostate gland making it user easier for urine to pass through the urethra.

Nursing Interventions

* Administration of medications for pain and relieving urinary retention
* Preparation of patient for surgery if needed.

Client Teaching

* The nurse educates the patient on the importance of completing his medication.
* The nurse educates the patient on avoiding alcohol or drinks.
* The nurse educates the patient to avoid letting the bladder get too full.
1. Prostate Cancer:

 The most common cancer in men other than non-melanoma skin cancer. Usually prostate cancer grows slowly and is also initially confined to the prostate gland causing no serious harm while some spread quickly and is very aggressive. Signs and symptoms are stream of urine decreased force in the bladder, trouble urinating and erectile dysfunction.

 Aetiology of Prostate Cancer

Prostate cancer cause is not clear, but it begins when some cells in the prostate becomes abnormal.

Surgeries/Therapeutic Intervention

Therapeutic interventions:

* Watchful waiting and active surveillance
* External radiation therapy
* Internal radiation therapy with radioactive seeds

Surgeries include:

* Radical prostatectomy
* Transurethral resection of prostate
* Pelvic lymphadenectomy

Nursing interventions

* Monitor patient vital signs
* Monitor intake and output
* Involve patient in a diversional therapy to relieve discomfort and reduce anxiety
* Educate patient on disease condition
* Administer diuretics agents as prescribed

Client Teaching

* The nurse educates the patient about activities that produce Valsalva effects such as heavy lifting e.t.c because they may increase venous pressure.
* The patient should drink enough fluids to avoid dehydration which increases the tendency for a blood clot to form and obstruct the flow of urine.
* The nurse educates the client on carrying out some exercises such as perineal exercise to gain full urinary control
* The nurse educates the client on avoiding long motor trips and strenuous exercise and it tends to bleed.