MATRIC NO: 17/MHS01/246

1. The different disorders of prostate gland:
* Benign prostatic hyperplasia(BPH):

It 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. It occurs when the cells of the prostate gland begin to multiply, these additional cells causes the swelling of the prostate gland which squeezes the urethra and limits the flow of urine. Symptoms include difficulties associated with urinating, frequent urination especially at night and a weak or intermittent stream or a feeling of incomplete emptying of the bladder and dribbling of urine.

* Prostatitis:

It is an inflammation of the prostate that may be caused by a bacterial infection. Symptoms of Prostatitis are similar to those caused by an enlarged prostate and include urge frequency with difficulty in emptying the bladder. Prostatis is indicated by chills, fever and by pain or burning during urination.

* Prostate cancer:

It is a cancer that occurs in the prostate. It is the second leading cause of cancer deaths among men, in the major of cases, prostate cancer will be detected while it is still localized rather than metastasized. Symptoms include difficulty with beginning urination, inability to urinate; weak or sporadic urine flow, painful ejaculation, blood in the urine or semen and pain in the back, hips or located in the extremities.

1. Their etiologies are:
* Benign prostatic hyperplasia:

The exact cause is unknown although changes in male sex hormones that come with aging can be the factor.

* Prostatitis:

It can be caused by bacteria that leak into the prostate gland from the urinary tract and from direct extension or lymphatic spread from the rectum, it can also be transmitted from various sexually transmitted organisms. But in most cases chronic Prostatitis has no specific cause.

* Prostate cancer:

Mutations in the abnormal cells causes the cell to grow and divide more rapidly than normal cells do, the abnormal cells continue living when the other cells will die, the accumulating cells then form a tumor that can grow to invade nearby tissue.

1. I) The therapeutic interventions are:
* Beningn prostatic hyperplasia:
* Take a pass on cold and sinus medicines that have decongestants or certain antihistamines, such as Benadryl that can make the prostate problem worse
* Drinking fewer liquids before bedtime,and drink less caffeine and alcohol generally
* Three types of medications are available to treat like
1. Alpha blockers: it relaxes the muscle of the prostate and neck of the bladder to relieve symptoms e.gs alfuzosin,doxazosin,terazosin
2. 5-alpha reductase inhibitors(5-ARIs): it help shrink the prostate and prevent additional growth.e.gs dutasteride, finasteride.
3. Phosphodiesterase 5 inhibitors like sildenafil, vardenafil.
* Saw palmetto should be given and other supplementa like pygeum,rye-grass
* Prostatitis:
* Taking antibiotic is the most commoly prescribed treatment for Prostatitis
* Take alpha blockers which can help relax the bladder neck and the muscle fibres where your prostate joins your bladder, it will ease symptoms like painful urination
* Non-steriodal and anti-inflammatory drugs will make the patient more comfortable
* Drink plenty of caffeine free beverages
* Intake of rye grass can also be of use
* Intake of vitamins and supplements.
* Prostaste cancer are:
* Observation or active surveillance is often recommended
* Radical prostatectomy
* External beam radiation only
* External radiation
* Brachytherapy

 ii) the surgical interventions are:

* Benign prostatic hyperplasia
* Minimally invasive surgery should be done for those experiencing bladder stones, blood in the urine or urinary tract obstruction
* A prostatic stent should help to maintain patency of urethra
* High intensity focused ultrasound procedure helps to reduce damage done to surrounding tissue by placing an ultrasound probe in the rectum to transmit ultrasound energy
* Transurethral resection of the prostate
* Transurethral incision of the prostate
* Open prostatectomy
* Prostatis

Surgery is usually not indicated for chronic prostatis, however in select situations when a patient has recurrent episodes of chronic prostatis and improves with antibiotics

* Transurethral vaporization of the prostate
* Transurethral resection of the prostate
* Prostate cancer
* The main type of surgery done is radical prostatectomy
* It may be open prostatectomy; the radical retro pubic prostatectomy for this the surgeon makes an incision in your lower abdomen from the belly button down to the pubic bone and for the radical perineal prostatectomy; the surgeom makes an incision in the skin between the anus and scrotum
* It may also be laparoscopic prostatectomy; the surgeon inserts special long instruments through several small incisions in the abdominal wall to remove the prostate.
1. I) Nursing managements are:
* Benign prostatic hyperplasia
* Monitor vital signs closely
* Provide and encourage meticulous catheter and perinea care
* Encourage oral fluids up to 3000ml daily within cardiac tolerance if indicated
* Percuss and palpate suprapubic area
* Document time and amount of each voiding
* Pbserve urinary stream, notind size and force
* Check catheter often and keep the catheter open
* Administer medications like; alpha-adrenergic antagonists,

antispasmodics etc.

* Prostastis

For acute Prostatitis:

* Assess the patients conditions
* Administering of prescribed antibiotics
* Monitor vital signs
* Provision of comfort(analgesics, sitz baths)

 For chronic Prostatitis:

* Increase fluid intake
* Outpatient teaching: continuing antibiotic therapy
* Recognizing recurrent signs ans symptoms of prostatitis
* Prostate cancer
* Maintain good pre-operative and post-operative care which are:
1. For the preoperative surgical prostatectomy
2. Reduce anxiety
3. Relieve comfort
4. Provide instructions regarding anatomy, surgical procedure, and postoperative expectations
5. Prepare the patient for surgery, this may include application of antiembolic stockings, administering an enema, and prophylactic antibiotics.
6. For the postoperative surgical prostatectomy
7. Maintain fluid balance
8. Document intake and output,including fluid used to irrigate the catheter
9. Assess for electrolyte imbalance
10. Monitor vital signs
11. Increase mobility beginning with early ambulation
12. Assess for bladder spasms
13. Monitor wound drainage and provide wound care as needed
14. Relieve pain by administering analgesics as ordered and evaluating effectiveness.
* Encourage annual screening for prostate cancer
* Stress value of ealy diagnosis and treatment
* Public health awareness of the importance of regular screening for early detection.
* Emotional and psychological support to patient and family.

 II) Health education are:

* Beningn prostatic hyperplasia:
* Educate the patient on bph,
* If patient has it already when you have accessed the following symptoms:
1. Painful urination or any symptoms of the prostate disorder:
* The patient should not drink too much alcohol or drinks containing caffeine, which may irritate the bladder
* Don’t let your bladder get to full, urinate when you feel the urge, but try to go at least every 2 to 3 hours
* Don’t drink anything for an hour or two before bedtime so you don’t have to wake up to go to the bathroom
* Don’t take over the counter medicines without checking your healthcare provider.
* Try to do some exercise at least 30 mins everyday.
* Suggest one of several mimimally invasive procedures to relieve your bph symptoms.
* Prostatitis
* Educate patient on healthy eating food habits
* Limit the consumption of red meat, including beef,pork,lamb,goat and processes meats such as hot dogs.
* Avoid sugar-sweetened food, eat it as an occasional treats
* Cut down all salt and limit the use of canned,processed and frozen foods
* Encourage regular exercise because it pares down your risk of developing some deadly problems.
* Prostate cancer
* Encourage patient to choose a low fat diet
* Increase the amount of fruits and vegetables to eat each day
* Reduce the amount of diaries products
* Regular exercise should be done
* For increased risk, medications can reduce the risk.