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QUESTION: PROSTATE GLAND DISORDER

 PROSTATE

 The prostate is an organ of the male reproductive system. It is found at the base of the bladder. Urethra which allows urine and semen to pass out of the penis runs through the prostate gland. The alkaline fluid produced by the prostate gland nourishes the sperm and leaves the urethra as a semen.

 PROSTATE GLAND DISORDER

 There are three most common forms of prostate disease and they include;

* Prostatitis[Inflammation]
* Benign prostatic hyperplasia[Non-cancerous enlargement]
* Prostate cancer

PROSTATITIS

It is an inflammation of the prostate gland that is usually associated with lower urinary tract symptoms and sexual discomfort. It can affect men of any age but it is more common in younger men aged between 30 and 50 years. The main types of prostatitis are;

* Bacterial Prostatitis; this can either be an acute bacterial infection or chronic bacterial infection.

Non-bacterial prostatitis; regarded as chronic pelvic pain syndrome[CPPS]. It is the most common form of prostatitis and more difficult to manage. Symptoms varies and no single test to diagnose CPPS. The doctor will need to rule out other possible causes of your symptoms before making diagnosis.

CAUSES OF PROSTATITIS

* Past bacterial prostatitis infection
* Sexual abuse
* A problem with the nerves connecting the lower urinary tract.
* Chronic anxiety problems.

 BENIGN PROSTATIC HYPERPLASIA [BPH]

 It is a non-cancerous enlargement of the prostate which makes the urethra to narrow and put pressure on the base of the bladder. It can lead to blockage in flow of urine. It is not life threatening but can significantly affect your quality of life. Obstructions usually show up as lower urinary tract symptoms that sometimes result in urine staying in the bladder when it’s supposed to be released.

 SYMPTOMS OF BPH

 The symptoms of BPH are often very mild at first, but becomes more serious if they aren’t treated. Common symptoms include;

* Sense of incomplete bladder emptying
* Frequent urination
* Leakage of urine
* Blood in the urine
* Weak urinary system
* Nocturia, which is the need to urinate two or more times two or more times per night
* The need to strain when urinating.

CAUSES OF BPH

 BPH is considered a normal condition of male aging, and many men older than 80 years have BPH symptoms. Although the exact cause is unknown, changes male sex hormones that come with aging may be a factor. Any family history of prostate problems or any abnormalities with your testicles may raise your risk of BPH. Men who’ve had their testicles removed at a young age don’t develop BPH.

NOTE: Other disorders that produce similar symptoms include Urethral stricture, Prostate cancer, Urinary bladder stone e.t.c

 PROSTATE CANCER

 Prostate cancer affects men over the age of 50 years. The cause remains unknown, although advancing age and family history are known to be contributing factors. In the early stages, the cancer cells are confined to the prostate gland. With the more aggressive types of prostate cancer, cancer cells enter the vascular and lymphatic systems early and spread to other

Parts of the body where they develop secondary tumours, particularly in the bones.

It can have no symptoms, but people may experience:

PAIN AREAS: In the bone

PAIN CIRCUMSTANCES: Can occur during urination

URINARY: Difficulty starting and maintaining a steady stream of urine, dribbling of urine, excessive urination at night, frequent urination, urge to urinate and leaking, urinary retention, or weak urinary stream

May also experience erectile dysfunction[impotence]

 CAUSES OF PROSTATE CANCER

It’s not clear what causes prostate cancer. Doctors know that prostate cancer begins when some cells in your prostate become abnormal. Mutations in the abnormal cells DNA cause the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when other cells would die. The accumulating abnormal cells form a tumor that can grow to invade nearby tissue. Some abnormal cells can also break off and spread[metastasize] to other parts of the body.

 RISK FACTORS

Factors that can increase your risk of prostate cancer include

* AGE: Your risk of prostate cancer increases as you age
* RACE: For reasons not yet determined,black men carry a greater risk of prostate cancer than the men of other races. In black men, prostate cancer is also more likely to be aggressive or advanced
* FAMILY HISTORY: If men in your family have had prostate cancer, your risk maybe increased. Also, if you have a family history of genes that increase the risk of breast cancer or a very strong family history of breast cancer, your risk of prostate cancer may be higher.
* OBESITY: Obese men diagnosed with prostate cancer may be more likely to have advanced disease that’s more difficult to treat.

 THERAPEUTIC INTERVENTION

 There are different medical interventions given to patients with prostate gland disorders. They include medical procedure such as;

* PARTIAL THERAPY: It involves radiation therapy that uses a beam of particles such as protons to treat cancer.
* TELETHERAPY: Radiation therapy that uses x-rays or other high energy beams to destroy cancer cells and shrink tumors.
* BRACHYTHERAPY: Placing radiative material inside the body to treat cancer.
* RADIATION THERAPY: Treatment that uses x-rays and other high energy rays to kill abnormal cells.

Surgeries can also be performed on the patient also, they include;

* LAPAROSCOPIC RADICAL PROSTATECTOMY: Surgical removal of the prostate gland and surrounding tissue using several small cuts.
* RADIOSURGERY: Radiation therapy that focuses high-power energy on a particular area of the body. For example, a tumor.
* PROSTATECTOMY: Surgical removal of all or part of the prostate gland.
* LAPAROSCOPIC SURGERY: Surgery that uses a video camera and thin tubes inserted into small cuts on the body to repair or remove tissue.

Drugs approved for prostate cancer includes; **Bicaltamide, Casodex, Degarelix, Flutamide e.t.c**

For patients with Benign Prostatic Hyperplasia, **Alpha blockers** are used for patients with BPH. These medications relax bladder neck muscles and muscles fibers in the prostate, making urination easier. They include **alfuzosin, tamsulosin, silodosin** usually work quickly in men with relatively small prostate.

For patients with Prostatitis, **An antibiotic** is used to treat prostatitis that is used by an infection. Some antibiotics that might be used are **ciprofloxacin, norflaxacin, ofloxin e.t.c.** You might have to take the antibiotics for several weeks or even a fews months.

NURSING MANAGEMENT

* Prostate-specific antigen levels and digital recommended for people with prostate gland disorders. Continued surveillance and annual physical exams are important in prostate cancer nursing management and should be reinforced by every nurse.
* Education on what to expect and management of chronic and late effects is paramount in prostate cancer nursing management. In providing direct care to these patients, the nurse has a unique opportunity to initiate a conversation with patient about concerns, fears, and expectations as well as to provide the necessary support to men with the diagnosis of prostate cancer.