

Assignment(NSC 306)

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DEPARTMENT:NURSING

QUESTIONS

- THE DIFERENT DISORDERS OF PROSTATE GLANDS.
- THEIR AETIOLOGIES.
- THE THERAPEUTIC INTERVENTION AS WELL AS SURGERIES.
- THE NURSING CARE AND CLIENT TEACHING IN DIFFERENT DISORDERS.

ANSWER

The male reproductive system consist of a number of sex organ that plays a role in human reproduction. It structures include; the penis, testes, epididymis, vas deference, scortum, and prostate.

The prostate is an apricot sized, muscular glands that produce some of the ingredients of semen. It sit front of the rectum and below the bladder.

They are various ways in which the prostate can cause medical problems including;

- Prostate cancer
- Benign prostate hypertrophy(BPH)
- Prostatitis
- Urinary tract infections(UTI)

1. PROSTATE CANCER:

prostate cancer is a cancer in man's prostate, a small walnut sized glands that produce seminal fluids. A man prostate produce the seminal fluids that nourishes and transports sperm. It is the most common form of cancer in men. Prostate cancer develops when rate of the cell division and cell death rate no longer equal, leading to uncontrolled tumor growth. It affects men 1 in 7 of lifetime.

No symptoms for prostate cancer but some patients seem to complain about some local symptoms; heamtuaria, decrease urine stream, lower extremity pain and edema.

AETIOLOGIES:

The specific cause of prostate cancer remain unknown. Hormones, heredity environment play a role. Yet the only well established risk factor for prostate cancer are age, ethnicity, and hereditary.

AGE: The incidence of prostate cancer increases as men grows older 80 years or above.

DIET: dietary factor may influence the risk of developing prostate cancer. Specifically energy intake(reflect the body mass index). In addition **obesity** lead to increased risk of having larger prostate cancer.

INFECTION: Sexually transmitted infections as one of the causative factor for prostate cancer.

CADMIUM: It can cause prostate cancer when exposed to.

THERAPEUTIC INTERVENTION AND SUGERIES :

- Active surveillance can be render.
- Prostate specific antigen(PSA) is used in screening and diagnosis of prostate cancer.
- Computed tomography(CT); Used to assess extension to the bladder and lymph nodes for staging cancer or pretreatment.
- MRI; To determine the etiology of lesions found in bone scans.
- Transrectal ultrasonography; To examine the prostate for hypoechoic area which are commonly associated with cancer but are not specific enough diagnostic purposes.
- Radical prostatectomy.
- Cryotherapy and HIFU.

NURSE CARE AND TEACHING

- Teach to eat healthy food and avoid obesity.
- Enlighten patient to maintain low level of insulin because it reduce rapid growth of cancer.
- Enlighten patient to use vitamins E.
- Tell patients to abstain from chemical exposure.

2. BENIGN PROSTATIC HYPERPLASIA:

Can also be called prostate gland enlargement mostly common in men as they get older. It can cause uncomfortable urinary symptoms, such as blockage of flow of urine from the bladder.

Age associated prostate glands enlightenment causes urination difficulty. BPH isn't thought to be precursor to prostate cancer. Symptoms can be frequent urination, urination difficulties, nocturia, hesitancy in urination, dribbling.

ETIOLOGY

BPH is considered to be normal conditions in male aging, and many men older than 80 years have the symptoms. Causes is unknown but some conditions are considered to be the cause.

- Change in sex hormones with aging occurrence in men.
- Recurrent urinary tract infections.

THERAPEUTIC INTERVENTION AND SURGERY

- Watchful waiting.
- Drugs therapy(e.g alpha - blockers, 5 alpha - reductase inhibitors) with patient with bothersome, moderate - to - several - low urinary tract symptoms(luts).
- Implant device that helps to relive urine obstructions.

DIAGNOSIS

Urinalysis, digital rectum examinations, urine culture and PSA.

SURGERY

- Transurethral resection of the prostate (TURP): Used in patient with moderate - to - several -

low urinary tract obstruction.

- Prostatectomy
- Laser treatment: to cut or destroy the prostate tissue.
- Transurethral incisions of the prostate.

NURSING CARE AND TEACHING

- Educate patients on healthy diet to maintain weight.
- Educate client on bladder retraining.
- Teach the bases of exercising regularly.
- Teach to avoid more intake of alcohol and caffeine.
- Catheterization are used in inability to urinate by themselves and to measure output.
- Avoid obstruction of the tube.
- Irritate the tube regularly to avoid urinary obstruction.

3. PROSTATITIS:

This is the swelling or inflammation of the prostate. Prostate glands found below the rectum of the bladder. The prostate gland produces seminal fluids that nourish the transports sperm. Prostatitis often cause pain or difficulties in urination.

Other symptoms include pain in the pelvic, groin, genital area.

Prostatitis tend to affect men of all age and occurring in mostly 50 year old or younger.

ETIOLOGY:

Bacteria prostatitis is often cause by common strains of bacteria that are leaked into the prostate glands from the urinary tract and direct extension or lymphatic spread from the rectum. It can also result as a cause of sexual transmitted diseases such as **HIV, chlamydia trachomatis, Neisseria gonorrhoea, and** injury, inflammation or irritation of the prostate.

THERAPEUTIC INTERVENTION AND SURGERY:

- Antimicrobial(antibiotics) is required for the bases of infection.
- Transurethral microwave thermotherapy.
- Muscle relaxant and,
- Cystoscopy.

Surgery

- Emphysematous pyelonephritis(emergent nephrectomy)
- Transrectal prostate biopsy,
- Transurethral resection prostate.

NURSING CARE AND TEACHING

- Avoid excessive intake of alcohol and caffeine.
- Avoid work that can irritate your prostate, such as prolong sitting.

- Drink a lot of caffeine free beverages.
- Patient should be put on catheter to allow easy urination.
- Client should be on antibiotics drugs.

4. URINARY TRACT INFECTIONS:

The urinary tract include the part of your body that make urine and carry out of your body. it include bladder, urethra, ureter.

The urinary tract consists of upper and lower tract, the upper tract infection happen in ureter or kidney, while the lower tract infection happens in the bladder, prostate, or urethra.

The urinary tract infections is rear in male younger than 50 years of age.

Symptoms: fevers, nausea, haematuria, pain, trauma, wetting the bed, cloudy or smelly urine.

Urinary tract infection is an infection that affects any part of the urinary tract, including, kidney, bladder, urethra, ureter.

ETIOLOGY

- Sexual transmitted diseases.
- Chlamydia.
- Gonorrhoea.
- Cystitis.
- Epididymitis.
- Pyelonephritis
- Urinary catheter.

NURSING INTERVENTION AND SURGERY

- Using antibiotics for infections
- Sex past history; sex can be a risk factor.

DIAGNOSIS

- Ultrasound.

SURGERY

- Emergent nephrectomy.

NURSING CARE AND TEACHING.

- Enlighten patient to use condoms during sex to reduce infections.
- Enlighten to drink plenty of water; which can helps to reduce bacteria infection during peeing.
- Increases intake of vitamins c.
- Encourage patients to practice habit that are healthy; advise not to hold urine for too long.
- Catheterization; avoid obstruction of tubing which cause infection.