

# Chapter 42

## Nursing Care of Women With Reproductive System Disorders

# Learning Outcomes

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- Explain the pathophysiology of each of the disorders of the female reproductive system.
- Describe the etiologies, signs, and symptoms of each disorder.
- Identify tests used to diagnose female disorders.
- Describe current therapeutic management for each disorder.

# Learning Outcomes (continued)

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- List data to collect when caring for patients with disorders of the female reproductive system.
- Plan nursing care for female patients with reproductive disorders.
- Explain how you will know if nursing interventions have been effective.
- Compare different forms of contraceptives and their effectiveness.

# Benign Breast Disorders

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- Cyclic breast discomfort
- Fibrocystic breast disease
- Mastitis

# Breast Cancer

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## ■ Risk factors

- Age
- Family history
- High-fat diet
- High alcohol intake
- Estrogen treatment
- Early menarche
- Late menopause
- Late or no pregnancies
- No breastfeeding

# Breast Cancer (continued\_1)

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- Signs and symptoms
  - Lump or thickening
  - Dimpling
  - Clear or bloody discharge
  - Swelling
  - Tenderness
  - Discoloration

# Breast Cancer (continued\_2)

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## ■ Prevention

- Caution
  - Fat intake
  - Alcohol intake
  - Hormone use
- Breastfeeding
- Early identification

# Breast Cancer (continued\_3)

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- Diagnostic tests
  - Breast self-examination
  - Clinical breast examination
  - Mammography
  - Biopsy



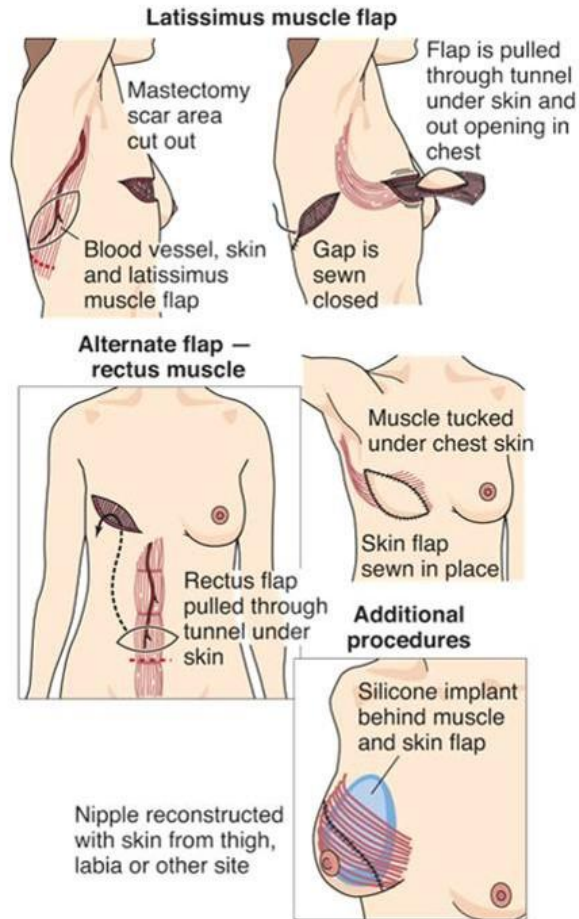
# Breast Cancer (continued\_4)

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## ■ Therapeutic interventions

- Lumpectomy
- Mastectomy
  - Partial
  - Simple
  - Radical
- Radiation
- Chemotherapy
- Hormonal therapy
- Targeted therapies

# Mastectomy Reconstruction



# Nursing Diagnoses for Mastectomy

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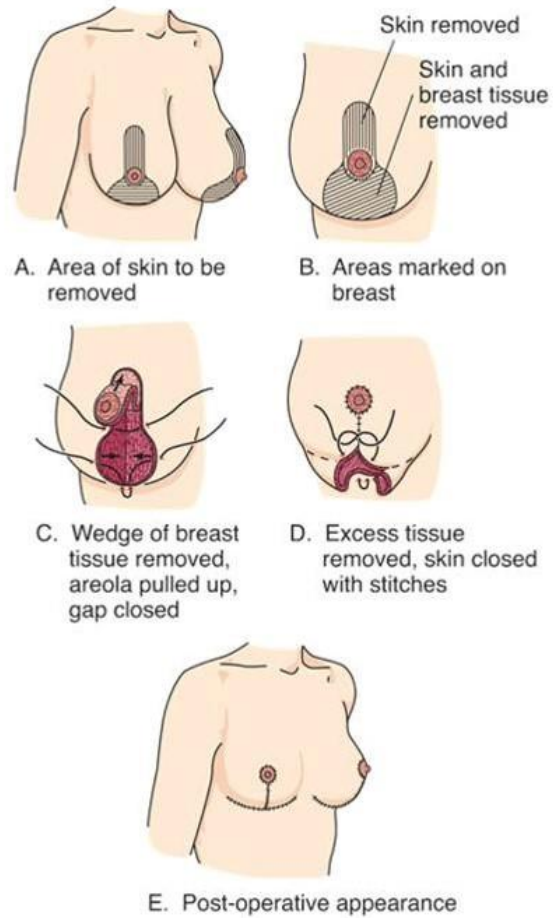
- *Anxiety*
- *Ineffective Breathing Pattern*
- *Risk for Ineffective Peripheral Tissue Perfusion*
- *Ineffective Coping*

# Other Breast Modification Surgeries

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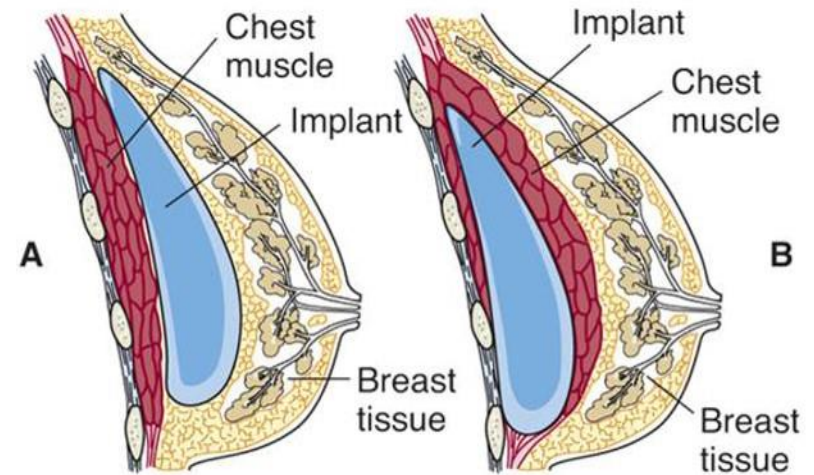
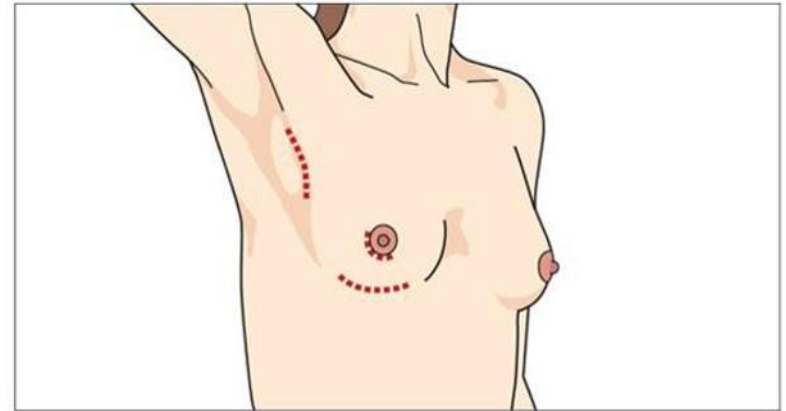
- Mammoplasty
- Breast reduction
- Mastopexy
- Augmentation
- Reconstruction

# Breast Reduction



# Breast Implants

- A. Implant over muscle
- B. Implant under muscle



# Menstrual Flow/Cycle Disorders

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- Amenorrhea
- Hypermenorrhea
- Hypomenorrhea
- Menometrorrhagia
- Menorrhagia
- Oligomenorrhea
- Polymenorrhea

# Menstrual Flow/Cycle Disorders (continued\_1)

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- Diagnostic tests
  - Pap smear
  - Endometrial biopsy
  - Culture
  - Laparoscopy
  - Ultrasound
  - Pregnancy testing
  - Urine and blood testing



# Menstrual Flow/Cycle Disorders (continued\_2)

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- Therapeutic interventions
  - Dilation and curettage (D&C)
  - Laser ablation
  - Hysterectomy

# Dysmenorrhea

- Painful menstruation
- Diagnostic tests
  - Hormone levels
  - Laparoscopy
  - Biopsy
  - Culture
- Interventions
  - Aspirin
  - N S A I D's
  - Hormone replacement
  - D&C
  - Correct cause

# Premenstrual Syndrome

## ■ Signs and symptoms

- Water retention
- Headache
- Discomfort
- Change in affect
- Change in concentration

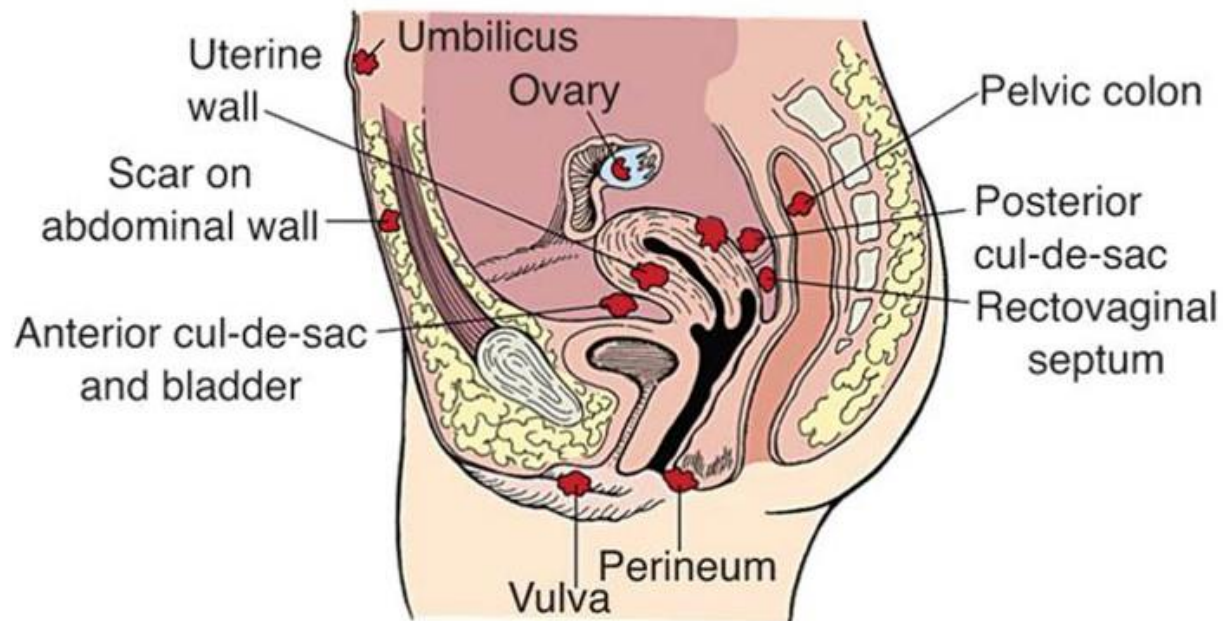
## ■ Interventions

- Medications
- Exercise
- Stress management
- Limitation of
  - Alcohol
  - Caffeine
  - Nicotine
  - Salt
  - Simple sugars

# Endometriosis

- Endometrial tissue outside uterus
- Signs and symptoms
  - Pain
  - Swelling
  - Organ damage
  - Scar tissue
  - Infertility
- Interventions
  - Surgical intervention
  - Estrogen reduction
    - Medications
    - Oophorectomy
  - Relaxation exercises
  - Heat to abdomen or back

# Endometriosis Sites



# Menopause

## ■ Perimenopause signs and symptoms

- Erratic menses
- Tissue atrophy
- Decreased lubrication
- Hot flashes
- Night sweats
- Mental changes

## ■ Treatment

- Hormone replacement therapy (H R T):  
Controversial
- Dietary phytoestrogens
- Calcium/vitamin D
- Dress in layers
- Vaginal lubricant
- Healthy diet

# Disorders of the Vagina and Vulva

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- Overgrowth of organisms
  - Candidiasis
  - Bacterial vaginosis
  - Cytolytic vaginitis
  - Trichomoniasis
- Medications
  - Oral
  - Cream
  - Suppository
  - Douche

# Toxic Shock Syndrome

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- Systemic infection
  - *Staphylococcus aureus*
  - *Streptococcus*
- Causes
  - Highly absorbent tampons
  - Other packing



# Toxic Shock Syndrome (continued\_1)

## ■ Signs and symptoms

- Fever
- Sore throat
- Headache
- Dizziness
- Confusion
- Redness of palms and soles
- Skin rash
- Blisters
- Petechiae

# Toxic Shock Syndrome (continued\_2)

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## ■ Prevention

- Change tampon every 4 hours.
- Substitute pads.
- Wash hands.
- Use caution with barrier contraceptives.
- Report symptoms promptly.

# Genital Organ Development Disorders

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- Agenesis
- Hypoplasia
- Imperforate openings

# Displacement Disorders

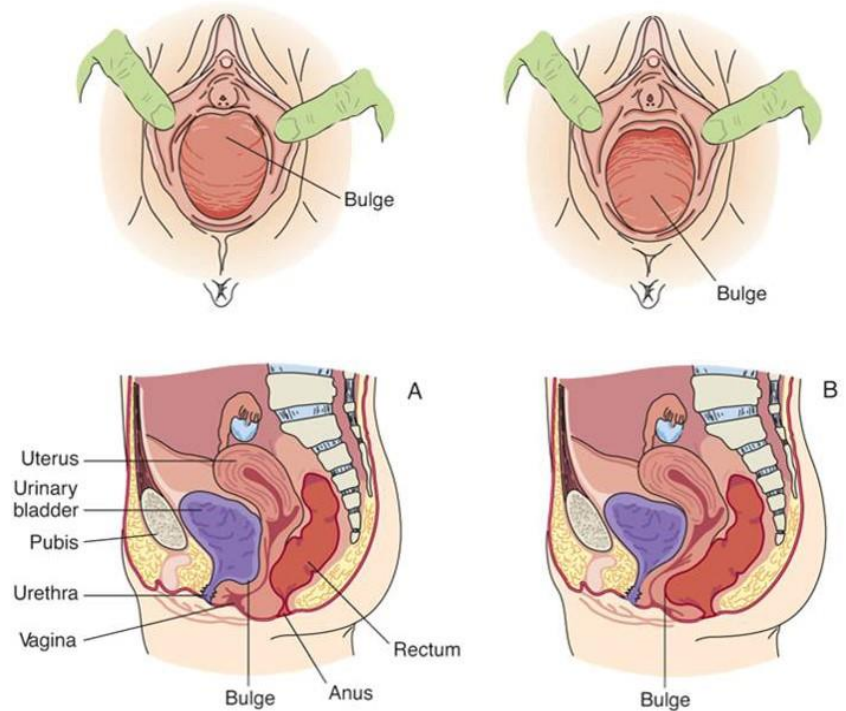
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- Cystocele
- Rectocele
- Uterine position disorders
- Uterine prolapse

# Displacement Disorders (continued\_1)

A. Cystocele (shown left in illustration)

B. Rectocele (shown right in illustration)



# Displacement Disorders (continued\_2)

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- Diagnostic tests
  - Ultrasonography
  - Hysterosalpingography
  - Computed tomography (C T) scan
  - Magnetic resonance imaging (M R I)
  - Endoscopy

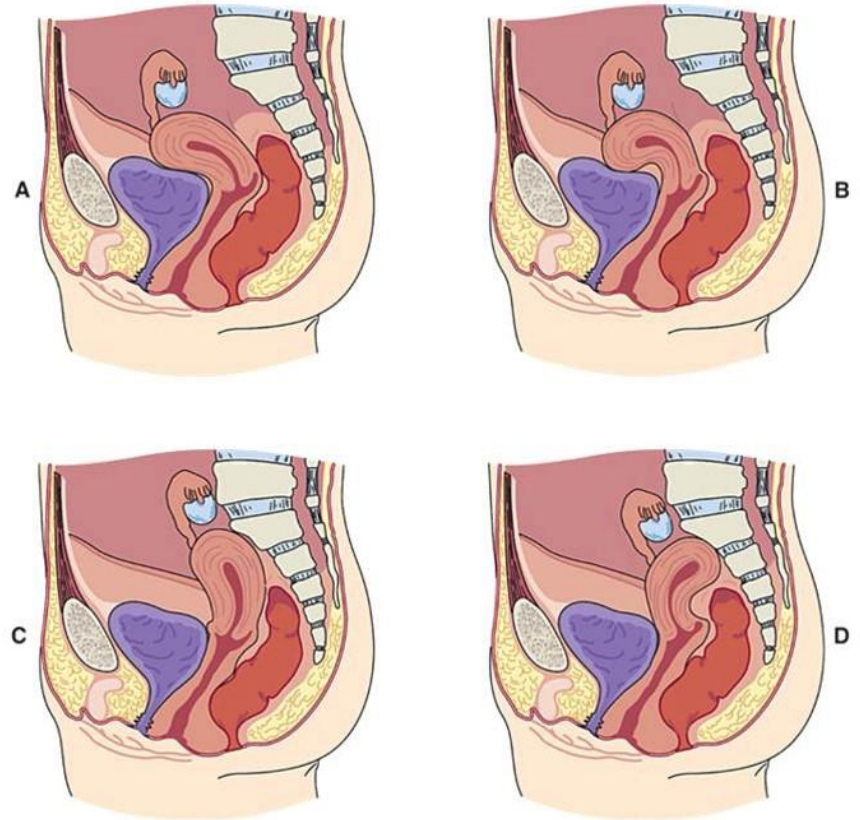
# Displacement Disorders (continued\_3)

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- Therapeutic interventions
  - Pessary
  - Surgical correction
  - Kegel exercises
    - Squeeze pubococcygeus muscle.
    - Hold 10 seconds.
    - Relax.
    - Repeat 15 times daily.

# Uterine Positions

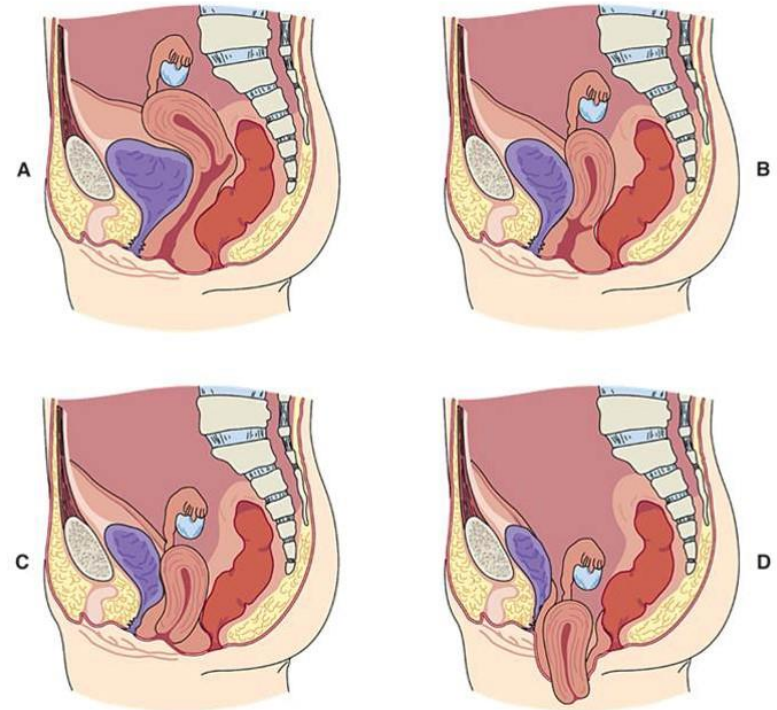
- A. Anteversion
- B. Anteflexion
- C. Retroversion
- D. Retroflexion





# Uterine Prolapse

- A. Normal uterus
- B. First-degree prolapse
- C. Second-degree prolapse
- D. Third-degree prolapse



# Uterine Prolapse (continued)

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- Therapeutic interventions
  - Pessary
  - Kegel exercises
  - Surgery

# Fertility Disorders

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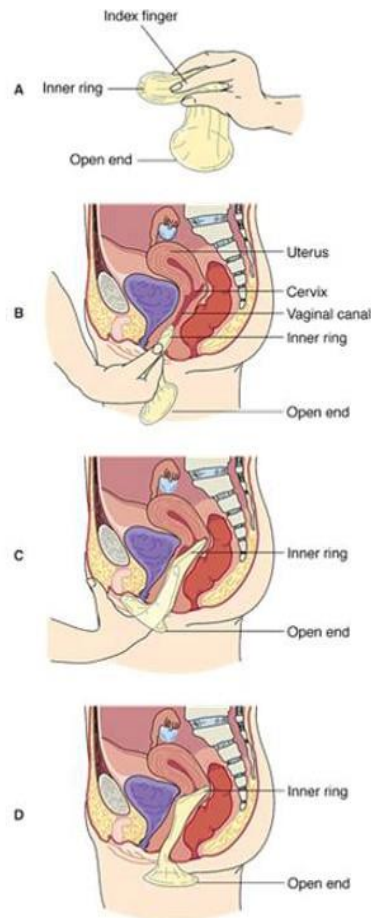
- Female
  - Ovulation
  - Tubal
  - Uterine
  - Other

# Reproductive Life Planning

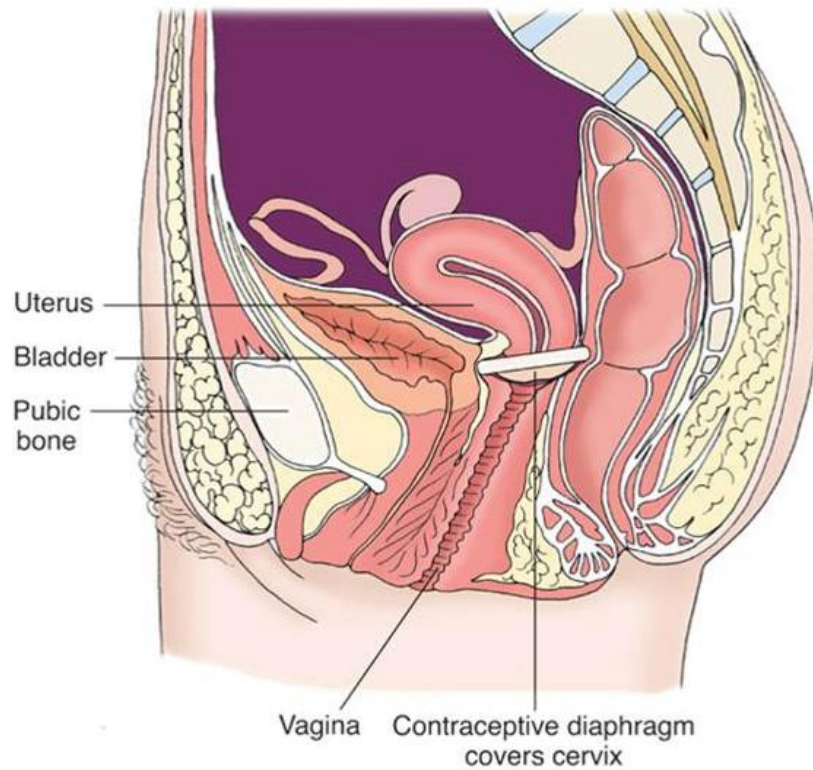
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- Oral contraceptives
- Contraceptive implants
- Depot medications
- Contraceptive ring
- Transdermal patch
- Barrier methods
- Spermicides
- Intrauterine devices
- Natural family planning
- Lactational amenorrhea method

# Female Condom Application



# Diaphragm



# Sterilization

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- Tubal ligation
- Vasectomy

# Pregnancy Termination

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- Ethical issues
- Therapeutic versus routine
- Reasons
  - Ectopic pregnancy
  - Prenatal abnormalities
- Risks



# Methods

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- Chemical
- Menstrual extraction
- Vacuum aspiration
- D&C
- Dilation and evacuation
- Saline or urea injection
- Hysterotomy

# Post-Abortion Care

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- Monitor for bleeding.
- Teach
  - Report bleeding, signs of infection.
  - Abstain from intercourse.
  - Birth control
- Grief counseling

# Benign Growths

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- Fibroids/leiomyomata
- Polyps
- Cysts
  - Bartholin
  - Dermoid

# Polycystic Ovary Syndrome

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- Endocrine imbalance
  - Infertility
  - Obesity
  - Menstrual disturbance
  - Masculinization
  - Diabetes mellitus
  - Hypertension
  - Coronary artery disease
  - Endometrial cancer

# Polycystic Ovary Syndrome (continued)

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- Therapeutic interventions
  - Oral hypoglycemics
  - Oral contraceptives
  - Antiandrogen agents
  - Gonadotropin-releasing hormone agonists
  - Diet
  - Exercise

# Malignant Disorders

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- Vulvar cancer
- Cervical cancer
- Endometrial cancer
- Ovarian cancer

# Vulvar Cancer

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## ■ Risk factors

- Sexually transmitted infections
- Immune system suppression
- Smoking

## ■ Signs and symptoms

- Persistent itching
- White or red patches
- Skin ulcers
- Wart-like growths

# Vulvar Cancer (continued)

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- Therapeutic interventions
  - Destruction of cancerous cells
  - Radical vulvectomy
  - Skin grafting



# Cervical Cancer

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## ■ Risk factors

- Multiple sex partners
- More than three pregnancies
- Smoking
- Overweight
- Long-term use of oral contraceptives
- Chlamydia
- Human papillomavirus (H P V)
- Herpes simplex virus type Two (H S V-Two)

# Cervical Cancer (continued)

## ■ Signs and symptoms

- Serosanguineous discharge
- May be asymptomatic

## ■ Diagnosis

- Pap smear
- Biopsy

## ■ Interventions

- Cryotherapy
- Laser therapy
- Surgical excision
- Hysterectomy
- Radiation implant
- Chemotherapy

# Endometrial Cancer

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- Risk factors
  - Estrogen excess
  - Estrogen therapy
  - Obesity
- Signs and symptoms
  - Abnormal bleeding
- Diagnostic testing
  - Ultrasound
  - Endometrial biopsy
- Interventions
  - Hysterectomy
  - Radiation
  - Chemotherapy

# Ovarian Cancer

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- Risk factors
  - Low fertility
  - Late menopause
  - Family history
  - High-fat diet
- Signs and symptoms
  - None until late
- Interventions
  - Oophorectomy
  - Radiation
  - Chemotherapy

# Gynecological Surgery

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- Endoscopic surgery
  - Laparoscopy
  - Culdoscopy
  - Hysteroscopy

# Postoperative Care for Endoscopic Surgery

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- Monitor
  - Vital signs
  - Bleeding
  - Temperature
  - Pain
- Administer analgesics
- Teach

# Hysterectomy

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- Types (with or without bilateral salpingo-oophorectomy)
  - Total
  - Supracervical
  - Radical
- Methods
  - Abdominal
  - Vaginal
  - Laparoscopic
  - Robotic

# Rationale

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- Menstrual problems
- Benign tumors
- Prolapse
- Cancer



# Nursing Diagnoses for Hysterectomy

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- *Risk for Ineffective Tissue Perfusion*
- *Urinary Retention*
- *Risk for Constipation*

# Review Question

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**What are risk factors for breast cancer?**

*Select all that apply.*

1. Age
2. Family history
3. High-fat diet
4. High alcohol intake
5. Hypertension

# Review Question Answer

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Correct Answer: **1, 2, 3, 4**

# Review Question (continued\_1)

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**Which foods should the nurse teach women with premenstrual syndrome to avoid?**

1. Alcohol, caffeine
2. Fruits, juices
3. Red meats, oils
4. Grains, cereals

# Review Question Answer (continued\_1)

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Correct Answer: **1**

## Review Question (continued\_2)

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**What should the nurse teach a patient about preventing toxic shock syndrome? *Select all that apply.***

1. Change tampon every 4 hours.
2. Substitute pads for tampons.
3. Drink plenty of fluids.
4. Wash hands before and after handling tampons.
5. Take prophylactic antibiotics as ordered.

# Review Question Answer (continued\_2)

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Correct Answer: **1, 2, 4**

## Review Question (continued\_3)

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**What can the nurse teach women to help prevent displacement disorders?**

1. Sleep on the left side.
2. Avoid use of laxatives.
3. Avoid sitting for prolonged periods.
4. Perform Kegel exercises.



# Review Question Answer (continued\_3)

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Correct Answer: **4**

# Review Question (continued\_4)

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**Which virus is associated with cervical cancer?**

1. H I V
2. Human papilloma virus
3. Hepatitis C virus
4. Epstein-Barr virus

# Review Question Answer (continued\_4)

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Correct Answer: **2**