

Chapter 34 Nursing Care of Patients with Lower Gastrointestinal Disorders

Constipation

What is it: fecal mass held in rectum

Causes: _____

Signs/Symptoms: Abdominal pain, distention, hard stool, _____

Complications: Obstipation, impaction, megacolon, _____

Testing: self-diagnosis, rectal examination

Care: high-fiber diet, 2-3 liters fluid daily, medication _____, _____

Diarrhea

What is it: Fecal matter passes rapidly

Causes: _____

Signs/Symptoms: fever, abdominal cramping, intestinal rumbling

Complications: _____

Care: replace _____, medications, increase fiber, identify cause

Appendicitis

What is it: -- _____

Causes: inflamed appendix

Signs/Symptoms: Fever, nausea/vomiting, pain at _____

Complications: Abscess, peritonitis, if appendix ruptures, position _____

Testing: CBC, CT, MRI

Care: _____, Surgery

Peritonitis

What is it: _____

Causes: ruptured appendix, _____, pancreatitis, diverticulitis

Signs/Symptoms: abdominal pain, abdominal _____, nausea, fever

Complications: intestinal obstruction, _____, hypovolemia

Care: _____ ! Fluid/electrolyte replacement, NG tube, _____, surgery, pain management

Diverticulitis

What is it: Inflammation or infection of the diverticulum

Causes: Chronic constipation, _____, weakness bowel wall,

Signs/Symptoms: constipation, diarrhea, cramping, bleeding, abdominal _____

Testing: Colonoscopy, CT scan

Care: prevent constipation, Tylenol, _____, liquid diet, pain control, _____, surgery

Crohn's Disease

What is it: inflammation of GI tract with _____ healthy areas;
_____ bowel disease

Causes: unknown, more in _____, hereditary, _____ increases risk

Signs/Symptoms: abdominal _____, weight loss, _____ fluid imbalance

Complications: _____, obstruction, fissures, _____, fistula, perforation, bleeding

Testing: Endoscopy with biopsy, Barium _____

Care: avoid malnutrition, medications, antidiarrheals, avoid _____ and _____, surgery, enteral feeding, support, education

Ulcerative Colitis

What is it: inflammatory bowel disease

Causes: unknown, infection, allergy, possible _____

Signs/Symptoms: abdominal pain, _____ stools, rectal bleeding, fecal urgency, anorexia, weight loss, _____ vomiting, fever, dehydration

Complications: increases risk for _____, hemorrhage, megacolon, peritonitis

Testing: CBC, Stool specimen, colonoscopy

Care: Avoid _____, medications, surgery, enteral feedings

Irritable Bowel Disease

What is it: Alter intestinal _____,

Causes: hereditary, bowel nerves are _____ sensitive, triggers

Signs/Symptoms: gas, bloating, constipation, _____, abdominal pain

Testing: history, stool specimen, colonoscopy

Care: Low _____ diet, diet high in _____, avoid _____ foods, smaller frequent meals, stress management, medications

Abdominal Hernias

What is it: _____

Causes: weakness in abdominal wall, coughing, _____, heavy _____

Signs/Symptoms: none, bulging

Complications: _____

Care: none/observe, support devices, surgery, education of strangulation

_____, no _____

Celiac Disease

What is it: _____ sensitivity

Signs/Symptoms: none, frequent loose, bulky, foul stools, gray in color, increased _____ content

Complications: Vitamin K, _____ folic acid, vitamin B 12, iron deficiency

Care: high _____, High _____, gluten _____

Lactose Intolerance

What is it: _____ deficiency

Signs/Symptoms: abdominal _____, excessive _____, loose stool after eating _____ products

Complications: s: Vitamin K, _____ folic acid, vitamin B 12, iron deficiency

Care: Avoid _____ products, use _____ when dairy cannot be avoided

Intestinal Obstruction

What is it: blockage in the intestinal tract, bowel sounds _____ when mechanical blockage, bowel sounds _____ when peristalsis impaired

Causes: adhesions, _____ of bowel, strangulated _____, abdominal surgeries, trauma, mesenteric _____, infection

Signs/Symptoms: wave-like _____ pain, blood and mucus per _____, feces and gas cease, _____ vomit indicating the obstruction has become _____

Complications: necrosis of bowel

Care: NPO! NG tube to _____ bowel, fluid/electrolyte replacement, medications, surgery

Hemorrhoids

What is it: enlarged _____ in the anal tissues

Causes: increased pressure in intraabdominal pressure, straining during _____ movements, chronic _____, pregnancy, prolonged sitting or standing, obesity, portal hypertension

Signs/Symptoms: Internal: _____; External _____

Care: Prevent constipation, straining, increase fluids, _____ softeners, medications, ice and heat

Anal Fissures

What is it: cracks or ulcers in the lining of the anal canal

Causes: _____

Signs/Symptoms: bright red bleeding, pain on defecation, constipation

Care: Stool _____, sitz baths, anesthetic suppositories, non-opioid _____, surgical _____

Gastrointestinal Bleeding

What is it: bleeding in the GI tract

Signs/Symptoms: occult _____, melena, bright red stools

Care: Monitor _____! Watch for signs of _____.

Colon Cancer

What is it: Cancer in colon

Causes: Major cause if lack of _____.

Signs/Symptoms: change in bowel habits, _____ or mucus in stools, abdominal or rectal pain, weight _____, anemia, _____

Complications:

Risk factors: _____ fiber diet, history of _____ polyps, history of ulcerative _____, smoking, obesity, age, _____ activity levels

Care: surgery, radiation, chemotherapy, monoclonal antibody therapy, analgesics, perenteral nutrition, support and education

Ostomy

What is it: surgically created opening diverting _____ or _____ to outside of body creating a stoma

Ileostomy: Terminal ileum to abdominal wall after total colectomy;

Teach client to drink _____ to avoid dehydration

Types:

Conventional ileostomy which has a small stoma in the _____ lower quadrant; there is a _____ flow of fluid.

Continent ileostomy: Kock pouch: Internal reservoir with a nipple valve; teach client to empty reservoir _____ a day

Loop stoma: a loop of bowel outside the abdomen with bridge under it

End stoma: proximal bowel end brought to abdominal wall

Double barrel stoma: temporary that has both ends of colon outside abdominal wall with one stoma functioning as stoma for stool, and the other for _____

Colostomy: Preop: Wound ostomy nurse marks site, provides support and education; teaching is preformed, bowel prep, and _____ are given

Colostomy: Postop: Vital _____, Assessing stoma- pink to red is _____, bluish is _____, black is _____

Collection bag is assessed to ensure it is not too tight/small because if it is, it can cause _____ at the stoma site.