

Week 6 Discussions

Topic 6 DQ 1

Aug 22-24, 2024

Choose a medical condition from the gastrointestinal or genitourinary systems and explain the pathophysiological changes that may occur. What patient education would need to be included relating to this disorder? Make sure that you select a different medical condition than your peers. Include the name of the medical condition (bolded) above your answer so that the medical condition can easily be identified. Cite your references in APA style.

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

“Gastroesophageal reflux disease (GERD) is a condition that develops when there is a retrograde flow of stomach contents back into the esophagus. It can be presented as non-erosive reflux disease or erosive esophagitis” (Antunes et al., 2023). The back of stomach contents is often referred to as reflux. The causes of GERD can be from lower esophageal sphincter (LES), the presence of a hiatal hernia, esophageal mucosal defense against the refluxate and esophageal motility.

Pathophysiology

Lower esophageal sphincter (LES)

There can be many causes that can make a person suffer from GERD. GERD results when a condition or item affects the closure strength and the efficacy of the lower esophageal sphincter (LES). Because the LES does not have the strength to close, items such as fatty food, smoke, alcohol, caffeine, and sleep position can allow the LES not to close appropriately. The relaxation of the LES can also be caused by pregnancy and certain medications such as nitrates, and calcium channel blockers (Antunes et al., 2023).

Hiatal Hernia

Hiatal hernias are a common cause of GERD. Patients that have a diagnosis of hiatal hernia may not have symptoms associated with GERD. The amount and frequency of reflux depends on the size of the hiatal hernia (Antunes et al., 2023).

Impaired esophageal mucosal defense against the gastric refluxate

“Esophageal mucosa comprises various structural and functional constituents that function as a protective defense barrier against the luminal substances encountered with GERD” (Antunes et al., 2023). This barrier can be damaged by repeated exposure to stomach acid. Some patients have been diagnosis with “impaired esophageal peristalsis leading to decreased clearance of gastric reflux resulting in severe reflux symptoms and mucosal damage” (Antunes et al., 2023).

Patient Education