

MEDSURG : OESOPHAGEAL DISORDER- GERD

Study guide & notes on : definitions, Aetiology, pathophysiology ,clinical manifestations, diagnosis, nursing interventions , medical treatments ,complications of related pathology.

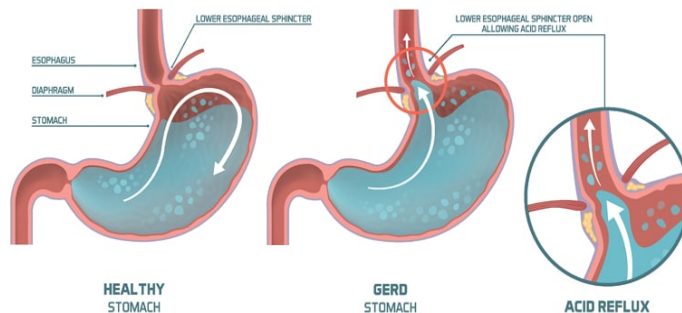
Name: Nipuni Poornima

University name: Universita' Degli Studi Della campania- Luigi vanvitelli (Naples, Italy)

Degree in : Batchelor of Nursing

University Course code of the degree: L/SNT1 Cod. A50001-DM 270/2004

GERD (Gastro oesophageal reflux disease)



1. **Definition:** backflow of gastric contents into oesophagus.
2. **Aetiology:** weak lower sphincter.
3. **Risk factors**
 - a. Eating spicy food/ dairy/fried food or having large meals
 - b. Having connective tissue disorders like scleroderma
 - c. Physical pressure due to pregnancy
4. **Pathophysiology**

Lower oesophageal sphincter incompetence → chronic regurgitation → inflammation → metaplasia
5. **Clinical manifestation**
 - a. **Pyrosis** (AKA- Heartburn)
 - i. *Description :* is a burning , tight sensation felt beneath the lower sternum and spreading upwards the throat; may occur twice a week or specially at night
 - b. **Globus sensation**
 - i. *Description :* sense of a lump in the troat –(feel like choaking)
 - c. **Dyspepsia**
 - d. **Wheezing**
 - e. **Cough**
 - f. *If related to oesophagitis (inflammation of oesophagus) :* may feel **dysphagia** (difficulty in swallowing)
6. **Diagnostic procedures**
 - a. **Upper endoscopy (AKA : esophagogastroduodenoscopy)**
 - i. *How is this test done? :* After the patient is sedated, an endoscope (a flexible tube like instrument with a light) is passed down the oesophagus to view the gastric wall and the surrounding gastric structures.
 - b. **Ambulatory acid probe test**

