

Medical Surgical Study Guide.

Unit 1: Problems of Digestion, Nutrition and Elimination

- Large intestines absorb water
- Brown color of stool is due to bile
- Common bile duct problems result in poop having a pale color

Assessment of the GI system GI changes associated with aging

Weakening of all muscles

- Slowing of peristalsis means more water is absorbed in large intestines which lead to harder stool (constipation is a problem with old age)
- Decreased ability to store glycogen (stored energy)
- Decreased ability to turn glycogen into usable energy
- Acid production in the stomach decreases
- Lining of the stomach is protected by acid, with acid decreased it puts the lining at risk for peptic ulcers
- Medication absorption decreases
- Decreased production of intrinsic factor (needed to assist with absorption of b12)
- Not enough B12 leads to pernicious anemia, cardiac and pyloric sphincter become more sensitive and less functional, increased GERD, decreased insulin production, decreased response to hyperglycemia and hypoglycemia

Assessment

- Patient history
- Nutrition history ◦ Diet, appropriate weight, changes
- Family history
- Current health problem
- Physical assessment ◦ Palpate: RUQ -> LUQ -> LLQ -> RLQ ◦ Palpate area of pain last
- Focused GI assessment ◦ Travel history ◦ Herbs taking ◦ Does pt. smoke ◦ Does pt. drink alcohol ◦ Pain: When did it start? What were you doing? What treatment have you done?
- If patient is laying on their back and you are getting ready to palpate and see a pulsating mass, DO NOT put it because it could be an aneurysm and it could rupture.
- Assessment Technique (order of abdominal assessment ◦ Inspection (1st) ◦ Auscultation (2nd) ◦ Percussion (3rd) ◦ Palpation (4th)

Diagnostic Assessment

- Laboratory assessment
 - Ser
 - um ◦
 - Urine ◦
 - Stool

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