A Nurse’s Role in All Reproductive Disorders

Nurse’s Role
- Providing subjective and objective assessment of the client
- Assisting with gynecologic examinations
- Assisting with relief measures
- Providing perioperative care
- Evaluating client progress
- Instructing on self-care including sexual functions

Disorders of Menstruation

Premenstrual Syndrome (PMS)
- Physical and emotional symptoms
- Causes: Excess estrogen, hypothalamic-pituitary dysregulation
- Symptoms: Weight gain, headache, pain, irritability
- Treatment: Healthful lifestyle changes; hormonal therapy
- Menstrual diary
**Disorders of Menstruation**

- **Dysmenorrhea**
  - Primary and secondary
  - Symptoms: Low abdominal pain and cramping
  - Treatment
    - Non-narcotic analgesics
    - Applications of heat
    - Knee-chest position
    - Adequate rest and diet

**Disorders of Menstruation**

- **Amenorrhea**
  - Absence of menstrual flow
  - Primary and secondary

- **Oligomenorrhea**
  - Infrequent menses
  - Causes
    - Endocrine imbalances and stress
    - Poor nutrition
  - Associated conditions
    - Polycystic ovarian syndrome
    - Premature ovarian failure

**Disorders of Menstruation**

- **Menorrhagia**
  - Menstruation longer than 7 days
  - Causes
    - Endocrine and coagulation disorders

- **Management of Menorrhagia**
  - NSAIDs; estrogen and progesterone
  - Endometrial ablation
    - Photodynamic therapy
    - Uterine balloon therapy
Disorders of Menstruation

Figure 59-3 Uterine balloon therapy
Top: Insertion of the catheter
Bottom: Infusion and heating of fluid within the balloon

Disorders of Menstruation

- Metrorrhagia
  - Unexpected and irregular bleeding
  - Intermenstrual or postcoital bleeding
  - Causes
    - Pituitary or ovarian stimulation
    - Uterine malignancies and cervical irritation
    - Breakthrough bleeding with HRT

Menopause

- Introduction
  - Cessation of menstrual cycle
  - Physiologic and surgical menopause
  - Climacteric and postmenopausal period
  - Pathophysiology and etiology
    - Diminishing ovarian function
    - Reduction in hormones
    - Hypothalamic-pituitary stimulation
  - Assessment findings
    - Menstrual Irregularities
    - Vasomotor disturbances
Menopause

- **Medical Management**
  - HRT; antidepressants
  - Biphosphonates
  - Symptomatic relief measures

- **Nursing Management**
  - Coping strategies
  - Symptomatic relief measures
  - Routine gynecologic and breast examinations

Infectious and Inflammatory Disorders of the Female Reproductive System

- **Vaginitis**
  - Vaginal inflammation
  - Pathophysiology and etiology
    - Chemical or mechanical irritants
    - Pathogenic microorganisms
    - Predisposing factors

  **Assessment Findings**
  - Symptoms: Abnormal vaginal discharge, itching, burning, and redness
  - Examination of vaginal secretions

- **Vaginitis: Medical Management**
  - Anti-infective agents
  - Treatment of sexual partner
  - Symptomatic relief measures

- **Nursing Management**
  - Vaginal suppositories
  - Regular douching and sitz bath
  - Prevention of recurrence and follow-up
Infectious and Inflammatory Disorders of the Female Reproductive System

Cervicitis
- Inflammation of the cervix
- Pathophysiology and etiology
  - Trauma of gynecologic procedures
  - Chronic cervicitis may lead to infertility
- Assessment findings
  - History of spotting or unusual bleeding
  - Dyspareunia; unhealthy vaginal discharge
  - Examination of cervix and vaginal smears

Cervicitis: Medical Management
- Antibiotics; douching
- Electrocautery; conization

Cervicitis: Nursing Management
- Postelectrocautery instructions
  - Rest
  - Straining or heavy lifting
  - Abstinence from sexual relations

Pelvic Inflammatory Disease
- Infection of pelvic organs except uterus
- Pathophysiology and etiology
  - Microorganisms entering through cervix
- Assessment findings
  - Malodorous vaginal discharge
  - Severe abdominal and pelvic pain
  - Fever, menorrhagia, and dysmenorrhea
- Diagnosis: MRI, CTS; ultrasonography
Infectious and Inflammatory Disorders of the Female Reproductive System

**Assessment Findings: Medical Management**
- Hospitalization; rest
- Symptomatic relief measures
- Emergency surgery for pelvic abscess

**Nursing Process for the Client With Pelvic Inflammatory Disease: Assessment**
- Symptoms
- Vaginal smear
- Douching

**Diagnosis, Planning, and Interventions**

**Risk**
- Infection; spread of infection
- Impaired skin integrity
- Self-care and self-esteem
- Pain related to inflammation

**Expected Outcomes**
- Measures to detect, manage, and prevent infection
- Control of pain and enhancement of client comfort
- Perineal skin care

**Evaluation of Expected Outcomes**
- Monitor vital signs and leukocyte count

**Toxic Shock Syndrome**
- Type of septic shock
- Pathophysiology and etiology
  - Unhygienic use of tampons
  - Chemicals produced by bacteria
- Assessment findings
  - Signs and symptoms
  - Diagnostic findings
Infectious and Inflammatory Disorders of the Female Reproductive System

Toxic Shock Syndrome
- Medical management
  - Maintenance of body fluids; adrenergics
  - Aerobic metabolism at cellular level
- Nursing management
  - Vital signs; cell count; renal functions
  - First dose of antibiotics
  - Perineal hygiene

Structural Abnormalities

Endometriosis
- Pathophysiology and etiology
  - Adhesions and sterility
- Assessment findings
  - Dysmenorrhea; chocolate cyst
- Medical and surgical management
  - Removal of cysts; panhysterectomy
- Nursing management
  - Diagnosis and relief measures
  - Regular gynecologic checkup

Vaginal Fistulas
- Definition and types
- Pathophysiology and etiology
  - Surgical injury; cancer therapy
  - Congenital anomaly; ulcerative colitis
- Assessment findings
  - Leakage of urine or stool through vagina
- Medical and surgical management
  - Symptomatic relief measures; surgery
**Structural Abnormalities**

- **Nursing Process: Assessment**
  - Vaginal drainage, meatus, and vault

- **Diagnosis, Planning, and Interventions**
  - Repair of fistula; indwelling catheter
  - Postoperative care; maintain self-esteem and skin integrity; promote sexual activity

- **Evaluation of Expected Outcomes**
  - Positive self-image; self-confidence
  - Skin integrity

**Structural Abnormalities**

- **Pelvic Organ Prolapse**
  - Cystocele; rectocele
  - Pathophysiology and etiology
    - Weakness in muscles and fascia
    - Urinary and bowel alterations
    - Irritation of protruding cervix
  - Assessment findings: Signs and symptoms
    - Difficulty standing for long or walking
    - Cystocele; uterovaginal prolapse

**Structural Abnormalities**

- **Pelvic Organ Prolapse**
  - Assessment findings: Diagnostic findings
    - Pelvic examination; urinary test
  - Medical and surgical management
    - Pessary; Kegel exercises
    - Transvaginal repairs
  - Nursing management
    - Knee-chest position
    - Heavy lifting
    - Intermittent catheterization
Structural Abnormalities

- **Uterine Displacement**
  - Retroversion; may cause infertility
  - Pathophysiology and etiology
    - Positional displacement
  - Assessment findings
    - Backache; dysmenorrhea; dyspareunia
  - Medical and surgical management
    - Pessary; knee-chest position
  - Nursing management
    - Uterine relocation

Tumors of the Female Reproductive System

- **Uterine Leiomyoma**
  - Pathophysiology and etiology
  - Sites of occurrence
  - Assessment findings
    - Menorrhagia; dysmenorrhea; anemia
  - Medical and surgical management
    - D and C; myomectomy; hysterectomy
  - Nursing management
    - Gynecologic examination

Tumors of the Female Reproductive System

- **Cervical and Endometrial Cancer**
  - Age; history of diethylstilbestrol; sexual activity
  - Assessment findings: Signs and symptoms
    - Bleeding; pain; pressure on bladder
  - Medical and surgical management
    - Surgery: Hysterectomy; chemotherapy
  - Nursing management
    - Heavy lifting; sexual activity
    - Exercise; douching
**Tumors of the Female Reproductive System**

- **Cervical and Endometrial Cancer**
  - Nursing management (cont’d)
    - Preoperative and postoperative care
    - Client and family teaching

- **Ovarian Cysts and Benign Tumors**
  - Pathophysiology and etiology
  - Types; affects menstruation and fertility
  - Assessment findings
    - Menstrual irregularities, low abdomen discomfort, and backache

- **Cancer of the Vagina**
  - Age of occurrence
  - Pathophysiology and etiology
    - HPV infection; diethylstilbestrol

- **Ovarian Cysts and Benign Tumors**
  - Diagnosis
    - Pelvic examination; USG; laparoscopy
  - Nursing management
    - Pain relief measures; gynecologic examinations

- **Cancer of the Ovary**
  - Pathophysiology and etiology
    - Hereditary; nulliparous women
  - Assessment findings
    - Abdominal discomfort; urinary frequency

**Diagnosis**

- Medical and surgical management
  - Oophorectomy; panhysterectomy
- Nursing management
  - Emotional support
- Preoperative and postoperative care

**Cancer of the Vagina**

- Age of occurrence
- Pathophysiology and etiology
- HPV infection; diethylstilbestrol
Cancer of the Vagina
- Assessment findings
  - Abnormal vaginal bleeding; dyspareunia
  - Vaginal canal examination; biopsy
- Medical and surgical management
  - Laser photovaporization treatments
  - Total vaginectomy; radiotherapy
- Nursing management
  - Emotional support; physical comfort

Cancer of the Vulva
- Pathophysiology and etiology
  - High incidence in HPV and herpes
- Assessment findings
  - Pruritus and genital burning
  - White raised patches on labia
  - Bloody discharge; enlarged lymph nodes
- Medical and surgical management
  - Vulvectomy; laser photovaporization

Nursing Process for the Client With Cancer of the Vulva Undergoing Surgery
- Assessment
  - Pain; skin integrity
  - Homans’ sign
- Diagnosis, Planning, and Interventions
  - Biopsy; surgery
  - Self-care activities
- Control of thrombophlebitis
- Prevention of infection
Tumors of the Female Reproductive System

- Diagnosis, Planning, and Interventions
  - Client education
    - Maintain skin integrity and self-esteem
    - Promote sexual intimacy
  - Evaluation of Expected Outcomes
    - Wound healing
    - Reduction of dependent edema
    - Sitz bath
    - Stool softeners

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General Nutritional Considerations

- Considerations
  - Large doses of vitamin B6 can cause sensory neuropathy
  - Clearly defined relationship between nutrients and PMS
  - Soy products may help alleviate menopausal symptoms

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General Pharmacologic Considerations

- Estrogen Therapy
  - Side effects; diuretics; thromboembolism
  - Risk of osteoporosis and renal calculi
- Androgen Therapy
  - Recalcification of bone
  - Initial increased bone pain
- Alendronate
  - Prevents bone resorption
  - Danger of prolonged antibiotics
- Raloxifene
  - Danger of prolonged antibiotics
  - Risk of osteoporosis and renal calculi
General Gerontologic Considerations

- **Pruritus**
  - Age of occurrence
  - Cause
  - Pessary usage for prolapse
  - Thorough investigation
  - HRT

End of Presentation