

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY
DIPLOMA NURSING PROGRAM
PATHOLOGY AND THERAPEUTICS - Regulation - Endocrine

YEAR II - Semester III

August 1982

OBJECTIVES*	CONTENT GUIDE	LEARNING ACTIVITIES
<p>1. Describe health problems related to endocrine function which are common to Canadians</p>	<p>Klinefelter's Syndrome Turner's Syndrome Down's Syndrome Addiction Syndromes Dysfunctional Uterine bleeding (DUB) Infertility and sterility Adolescent Pregnancy Toxemia of Pregnancy Dystocia Stillbirth Prematurity - ruptured membrane - labour - baby Post maturity Infections of the puerperium Diabetes mellitus Diabetes insipidus Hypo pituitarism Hyperpituitarism Cushing's Syndrome Addison's Disease Hypothyroidism Hyperthyroidism</p>	<p>The following pages for study contribute to all objectives in this unit. Some assigned pages include nursing care as well as pathology and therapeutics. Try to concentrate on material listed in the content guide column.</p> <p>Kozier and Erb, <u>Fundamentals of Nursing</u> pp. 192 194 557 761 771-72 870</p> <p>Brunner and Suddarth, <u>Medical-Surgical Nursing</u>, pp. 833-885 957-1001</p> <p>Whaley and Wong, <u>Nursing Care of Infants and Children</u> pp. 221-234 261-263 "Potential... distress... abnormalities." 275-6 "Deviation" 305-6 311-16 322-325 333-336 351-354</p>
<p>2. Describe ineffective responses related to endocrine function</p>	<p>Abnormal sexual development Menorrhagia or Hypermenorrhea Hypomenorrhea</p>	<p>417-422 710-718 736-739 1453-1488</p>

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	<p>Metrorrhagia</p> <p>Menometrorrhagia</p> <p>Polymenorrhea</p> <p>Oligomenorrhea</p> <p>Intermenstrual bleeding</p> <p>Prolapsed Uterus</p> <p>Childlessness</p> <p>Ectopic pregnancy</p> <p>Blood pressure abnormalities</p> <p>Edema</p> <p>Ineffective contractions</p> <p>Abortion</p> <p>Prolapsed cord</p> <p>Placenta previa</p> <p>Abruptio placentae</p> <p>Intrauterine hypoxia</p> <p>Hypoglycemia of Infant</p> <p>Skin Changes - All ages, examples:</p> <ul style="list-style-type: none"> - post mature infant - cracked nipples - fragility - itchiness <p>Hyperglycemia</p> <p>Hypoglycemia of Adult</p> <p>Polydipsia</p> <p>Polyuria</p> <p>Changes in appetite</p> <p>Altered ability to perform self-care activities</p> <p>Impaired thought processes; slow mental development; mental retardation</p> <p>Paresthesias</p> <p>Impaired mobility</p>	<p>Reeder et al, <u>Maternity Nursing</u></p> <p>p. 56-62</p> <p>154</p> <p>156</p> <p>158-184</p> <p>189-190</p> <p>243</p> <p>282</p> <p>297-304</p> <p>352-358</p> <p>503-671</p> <p>679-682</p> <p>691-3</p> <p>696-698</p> <p>705-6</p> <p>723-4</p>

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	<p>Dyspnea on exertion Increased sensitivity to depressants and other drugs Altered emotional stability and relationships with others Alterations in sexual functioning Heat or cold intolerance Hyper- or hypoactivity Increase in fatigability; weakness, lethargy</p> <p>Changes in sleep patterns Changes in weight Changes in bowel function Muscular wasting and cramps Osteoporosis; bone and joint disease Inability to cope with infection Exophthalmos and other changes in appearance Easy bruising Changes in fluid balance Tooth decay</p>	
<p>3. Relate ineffective endocrine responses to the common health problems of Canadians.</p>	<p>Example: Cracked nipple may result in mastitis</p>	<p>See objectives 1 and 2</p>
<p>4. Describe the stimuli which commonly result in adaptive and ineffective responses related to endocrine function.</p>	<p>Genetics - sex chromosome aberrations - hereditary influences, for example, in diabetes</p> <p>Congenital anomaly Risk factors Hormone Imbalances Endometrial Abnormalities</p>	

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	<p>Uterine displacement</p> <p>Vaso constriction</p> <p>Neoplasm</p> <p>Inflammation</p> <p>Infection</p> <p>Small pelvic area</p> <p>Large baby</p> <p>Uterine atony, results in, for example, dystocia and post partum hemorrhage</p> <p>Presentation of baby</p> <ul style="list-style-type: none"> - footling - breech - shoulder - posterier <p>Multiple gestation</p> <p>Cord problems</p> <ul style="list-style-type: none"> - knot - length - prolapse <p>Trauma during delivery, for example lacerations</p> <p>Age</p> <p>Stress</p> <p>Hyperplasia</p> <p>Hypertrophy</p> <p>Hypo plasia</p> <p>Atrophy</p>	

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<p>Explain the relationship of the stimuli to the adaptive and ineffective responses of Canadians with common problems of endocrine function.</p> <ul style="list-style-type: none"> a. Relate the responses to the physiological needs. b. Relate the responses to the modes of self concept, role function, and interdependence. <p>Describe the endocrine functions which are affected by adaptive and ineffective responses and related stimuli</p> <p>Explain the diagnostic measures used in identifying common endocrine problems</p>	<p>Reproduction Childbirth Menstruation Utilization of sugar Ability to cope with stress Growth</p> <p>Chromosome studies Bloodwork <ul style="list-style-type: none"> - random blood sugar - fasting blood sugar - 2 hour post prandial blood sugar - glucose tolerance Urinalysis <ul style="list-style-type: none"> - Estriol, done for example for overdue, post-maturity mothers - sugar - acetone - glucose tolerance - protein <ul style="list-style-type: none"> - 24 hour hydrocorticoids - 24 hour ketosteroids Amniocentesis Ultrasound - refer to Intro. unit</p>	

OBJECTIVES	CONTENT GUIDE	LEARNING ACTIVITIES
<p>1. Describe the use of dietary therapy to promote adaptation of Canadians with health problems related to endocrine function</p> <p>2. Describe the use, actions and side effects of medications which promote adaptation related to endocrine function</p> <p>3. Explain how exercise promotes adaptation of the diabetic person</p>	<p>Hysterosalpingogram Fetal heart rate</p> <p>Toxemia & post mature { - 2 hours without uterine contractions prior to labour - then stress with oxytocin and monitor</p> <p>Tests of Thyroid Function Papanicolaou Test</p> <p>Electronic fetal monitoring - external - internal</p> <p>Diabetic diets</p> <p>Magnesium Sulfate Core drugs on "Drug List" Vasodilan Insulins Oral Hypoglycemics Thyroxine ACTH</p>	<p>Also refer to year 1 material</p> <p>Note that dietary and insulin information in U.S. textbooks may differ from Canadian guidelines. Study Canadian sources such as the "Good Health Eating Guide".</p> <p>See "Drug List" and Drug textbook</p>

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11. Describe therapeutic measures initiated by other health care professionals in promoting adaptation of Canadians with common endocrine problems.	Episiotomy, Cesarean Section Suturing cervix Amniotomy - artificial rupture of membranes Thyroidectomy Hypophysectomy Laproscopy Cystocele and rectocele repairs Hysterectomy Tubal lization Vasectomy Dilatation and curettage	Refer to Endoscopic information in Intro Unit
12. Describe potential ineffective responses to therapeutic measures.	Thyroid storm Diabetic Acidosis Insulin shock Somogyi Phenomenon Retinopathy Neuropathies Babies of diabetic mothers Retrolental Fibroplasia	
13. Discuss other therapeutics which are currently being researched.	Artificial pancreas Insulin injection pumps Blood sugar analyzers Genetics Sex change surgery and Hormone therapy Infant stimulation Birth Control Methods Artificial insemination; test tube babies Drug use in Pregnancy	Joyce Forman as speaker

