

Crohn's Disease:

Made Easy



Fb/Nurse Info

A detailed 3D anatomical model of the human digestive system, showing the esophagus, stomach, liver, gallbladder, pancreas, and the complex network of the small and large intestines. The model is rendered in realistic colors and is set against a dark blue background with a grid pattern.

OVERVIEW OF CROHN'S DISEASE

Fb/Nurse Info



Definition

- Type of inflammatory bowel disease (IBD)
- Usually occurs in the ileum, but it can affect any part of the digestive tract, from the mouth to the anus



- Diagnosis is sometimes difficult since Crohn's often is very similar to other disorders including irritable bowel syndrome and ulcerative colitis.



Incidence

- Both men and women are equally affected.



Onset

- Most likely to occur between the ages of 15 and 30 years and after the age of 60.



Etiology

- Unknown.



Clinical Findings

- Most common symptoms:
 - Abdominal pain, often on lower right quadrant
 - Diarrhea

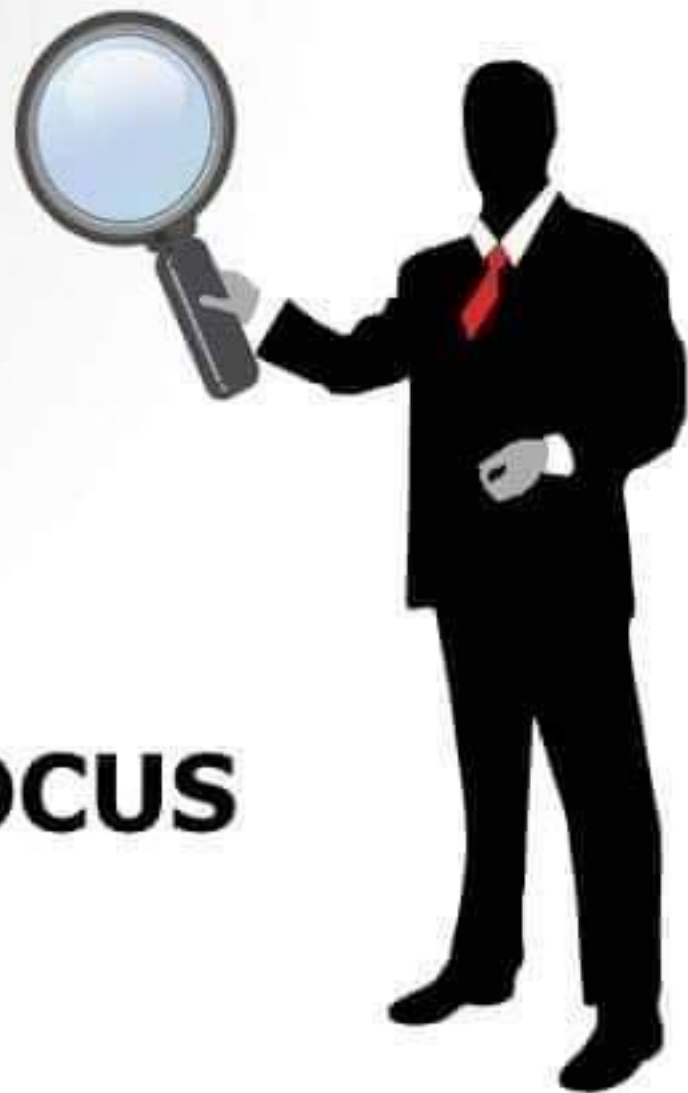


- Rectal bleeding
- Weight loss
- Fever
- Anemia may occur if bleeding is persistent





NURSING FOCUS



- Monitor intake and output
- Maintain fluid and electrolyte balance
- Assess for skin breakdown
- Provide routine skin care



- Unless contraindicated, fluid intake should be 3000 mL/day
- Use calorie counts to ensure adequate nutrition
- Monitor lab results





PATIENT TEACHING

- Provide patient and family with literature on Crohn's Disease
- Instruct patient that fluid intake should be at least 3 liters per day
- Meals should be small and frequent to maintain adequate nutrition



- Teach patient to minimize the frequency and severity of future exacerbations by:
 - Getting adequate rest and relaxation
 - Reducing or avoiding stress
 - Maintaining adequate nutrition
- Explain the dosages, route, actions and adverse reactions of meds.



Thank You!

