

CHOLECYSTITIS

Target group:

Patients with Cholecystitis and companion

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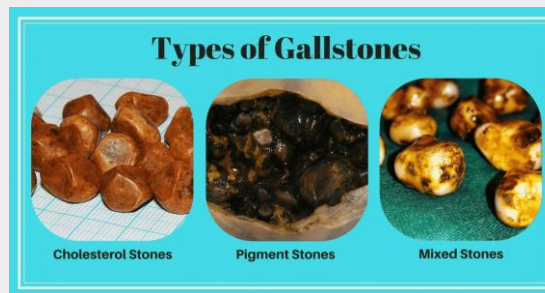
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Definition of disease:

The gallstone patient affects millions of people a year. In most cases it is asymptomatic. But when the stone comes out of the gallbladder and into the bile duct, it causes blockage, pain, and colic.

In case of obstruction, inflammation of the gallbladder occurs. The color of the stool is also bright and the urine is colored and if the condition continues the bile returns causing jaundice and damage to the liver.

The type of cholesterol that contains 75% of the stones and the grain-colored stones 25%.



Cause of the disease:

Obesity, rapid weight loss, female sex hormones, diseases of the small intestine, aging, reduced gallbladder irritation following prolonged intravenous nutrition, high-fat diet.

Signs and symptoms of the disease:

The presence of two nausea and dizziness together is of the best symptoms of gallstones and gallbladder diseases in general.

Another symptom is severe and persistent pain or pressure in the upper right or center abdomen. Which often spreads to the area between the two shoulders or the right shoulder. The onset of pain is usually sudden and in a few minutes the intensity rises and reaches a constant limit. Many people with gallstones have no symptoms. These patients are called asymptomatic and these stones are called silent stones. These stones do not interfere with the function of the gallbladder, liver or



pancreas and do not require treatment.

Diagnosis of the disease :

Ultrasound is the most sensitive and specific test for gallstones. Other tests can also be used.

There is no need for treatment in cases where gallstones do not cause symptoms.

Treatment of disease:

- + Pharmaceutical(drug) treatment,
- + surgical treatment,
- + stone crushing with sound waves (lithotripsy)

The most common treatment for symptomatic gallstones is surgery. This type of surgery is called a cholecystectomy.

The most common type of cholecystectomy surgery is called laparoscopy. In this surgery, the surgeon makes a few small incisions on the abdomen and inserts the surgical device, and a very small video camera is placed inside the abdomen, giving the surgeon a closed view of the organs and tissues.

While looking at the display, the surgeon uses these devices to accurately separate the gallbladder from the liver, ducts, and other buildings. The sac ducts are then cut and the gallbladder is extracted through one of the small cuts. Since the abdominal muscles are not cut during laparoscopic surgery, patients have less pain and complications than surgery using a large incision through the abdomen. Recovery is usually achieved overnight in hospital and continues with a few days of work and activity restrictions at home.

If the surgeon finds an obstacle during a laparoscopic procedure, such as infection of the site or scar residue of other surgeries, the surgical team may decide to change the procedure and convert it to open surgery.

In some cases, such barriers have been identified before surgery and open surgery is planned. This type of surgery is called open surgery because the surgeon makes a 12 to 20 cm incision in the abdomen to remove the gallbladder. This is considered a major surgery and may require 2 to 7 days in hospital and several weeks of home rest to recover. About 5% of gallbladder surgery requires open surgery.

Self-care:

➤ Open-ended surgery:

To lift heavy objects and do hard work and strenuous exercise for 4 to 6 weeks or more, avoid and consult your doctor.

➤ Laparoscopic procedure:

Encourage the patient to increase mobility to reduce bloating.

Normal activities will be possible after 2 days.

Avoid heavy lifting and strenuous exercise for at least a week and consult your doctor.

Visit the surgical clinic 7 to 10 days after the operation. On this date, your stitches will be drawn with the doctor's opinion.

To reduce the risk of gallstones, follow these tips:

1 - Avoid eating fatty foods that contain high cholesterol, usually soft, boiled, and sweetened low-fat foods are better tolerated.

2-Get Enough movement.

3-even use contraceptive methods other than oral pills.

4-eat more vegetables and fruits.

5-have an ideal weight, obesity is harmful. 6 -



avoid alcohol and smoking.

With the best of Health to you, my patients and companions.

References:

Medical-Surgical Nursing
Brunner & sudarth 2010 (Twelfth edition)

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