



PANCREATITIS

Target group:

Patients with Pancreatitis and companion

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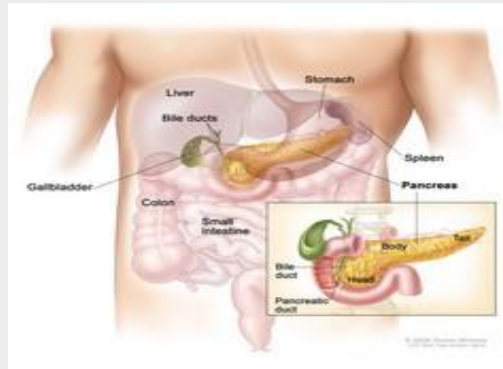
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Definition of disease:

The pancreas is a vital organ located in the upper and posterior abdomen, consisting of three parts: the head, trunk and tail. Its head is placed in an arch of the duodenum and pours

its secretions into the duodenum along with the bile secretions



The pancreas contains two groups of cells:

1. A group of cells inside which enzymes are made necessary for digestion of food.

2. Other cells called the Langerhans Islands which secrete insulin and other sugar regulating hormones.

Cause of the disease:

Enzymes necessary for digestion of food are stored passively and inside microscopic bags in the pancreas which after eating are poured into the duodenum by nerve and chemical stimuli.

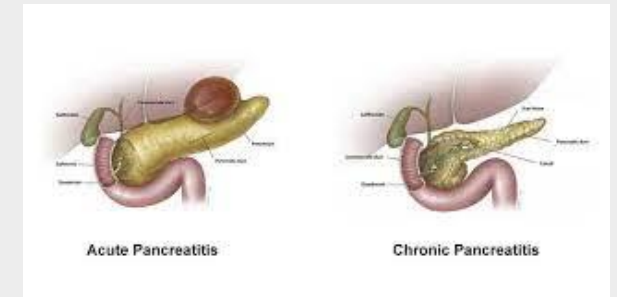
Then they actively form through substances released from the intestinal wall and the alkaline environment created by bile secretions and start digesting food.

If these enzymes are activated inside the pancreatic tissue instead of the duodenum they begin to destroy and digest the pancreatic tissue itself which is called **pancreatitis** or **pancreatic inflammation**.

Depending on the cause and severity of the inflammation of the pancreas may be mild transient or severe and fatal.

There are two types of pancreatitis:

A) Acute B) Chronic



Chronic pancreatitis usually occurs after repeated attacks of acute pancreatitis because the pancreas does not fully heal between attacks during this condition.

The pancreas gradually loses its ability to produce digestive enzymes and hormones necessary for the health of the body.

Other reasons:

1. Poor nutrition

2. Obesity

3. Alcohol abuse

3. Use of drugs such as drugs in the sulfa group, azathioprine, chlorothiazide or cortisone drugs.

Signs and symptoms of the disease :



Severe abdominal pain is the main symptom of pancreatitis

Vomiting, swelling and bloating, fever, muscle pain, hypotension, alcohol addiction, gallbladder or gallbladder diseases, blockage of the pancreatic duct due to stones, a rash formed by inflammation or slow growth of cancer, abdominal injury, viral infections, high blood lipids, tumors, medications, trauma or abdominal surgery.

Diagnosis of the disease:

Blood and urine tests (that show 90% of serum amylase and lipase and levels rising to 3 times the normal range within 24 hours), High white blood cells, Hypocalcemia, chest and abdominal radiographs, CT scan and Ultrasound with contrast agent, ERCP are the most useful ways to diagnose chronic pancreatitis.

Treatment of disease:

In acute pancreatitis it is usually necessary to hospitalize a patient to prescribe intravenous fluids, control pain and vomiting and correct metabolic disorders (Compensation for calcium and magnesium deficiency).

Surgery may be necessary in cases of gallstones perforated stomach ulcers or drainage of the source of infection.

Self-care:

These patients need a long time to gain physical strength and return to their previous level of activity. During the acute stage, the patient needs all-round help and care.

- ✚ These patients should be controlled for dehydration and malnutrition.
- ✚ The patient must observe the training given in terms of dietary adjustment and alcohol avoidance.
- ✚ Keep the area **dry** and **clean** in case of surgery
- ✚ The sutures at the surgical site are removed by the doctor a week after You can shower for up to a week and then follow your doctor's instructions discharge.
- ✚ You can walk a little during the day
- ✚ Take only the medications prescribed by your doctor.
- ✚ Know the exact time of your next visit to the doctor

When should you see a doctor?

- If you or a family member has symptoms of acute pancreatitis.

- Occurrence of the following during or after treatment:
 - a. Jaundice
 - b. Jaundice of the skin and eyes
 - c. fever of 38.3 degrees Celsius or above
 - d. Constant weight loss
 - e. symptoms of calcium deficiency such as muscle contractions or seizures

6 Foods To Eat For Healthy Pancreas

Foods To Eat

- Green Vegetables
- Coconut
- Barley
- Coconut Water
- Yogurt
- Blueberries



Foods To Avoid

- Alcohol
- High-Sugar Foods
- Wafers (Fried Food)
- Beef And Pork
- Packaged Juices
- Pizza, Junks Food

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

References:

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

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