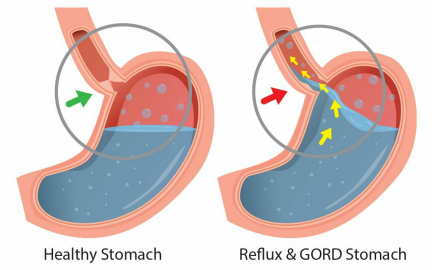
# GORD Cheat Sheet

by Michellephillips02 via cheatography.com/214485/cs/46714/

## GORD




## What is it?

*Gastroesophageal reflux – sphincter at top of stomach doesn't work properly. Stomach acid → oesophagus.*

Over time = damage to oesophagus (oesophagitis or Barrett's oesophagus – lining changes over time due to irritation = ↑ cancer risk)

## Risk factors

| | |
|---|---|
| weight | aging |
| genetics | pregnancy |
| trauma | |

## Associated foods

| | |
|---|---|
| spicy | high fat |
| onion | tomato |
| pineapple | capsicum |
| OJ | citrus |
| cream-base soups | pepper |
| alcohol | caffeine |
| chewing gum | chocolate |
| Mint | fizzy drinks |

## S/S

| | |
|---|---|
| Belching (burping) | heartburn |
| oesophageal spasm | weight loss |
| dysphagia | sour taste |
| regurgitation (-> dental erosion) | sensation of lump in throat |
| oesphageal inflammation and narrowing | |

## NIS

Malnutrition

Dysphagia

Odynophagia (painful swallowing)

Cough (↑EER)

## Intervention

Identify and reduce trigger foods

Achieve & maintain a healthy body weight

Medical management: **PPI** therapy (reducing stomach acid production, which helps relieve S/S and promote healing of the oesophageal lining) – taken before meals

Malnutrition screening

## Strategies

↓ fatty foods

Avoid eating within 4 hours of bed

Avoid eating before vigorous exercise

Avoid drinking with meals (30 mins before/after)

Smaller meals

Avoid laying down after eating

Lifestyle: stress reduction, stop smoking, avoid tight clothes

## Example PESS

*inadequate oral intake, related to GORD with oesophageal spasm, sore throat and sour taste, as evidenced by weight loss of ___kg 6/52*

## Monitoring

| | |
|---|---|
| Food triggers | Wt hx |
| Malnut screening | |

## Guidelines & References

Handbook p211

Gut foundation treatment of gastro-oesophageal reflux disease in adults and children (2016)

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