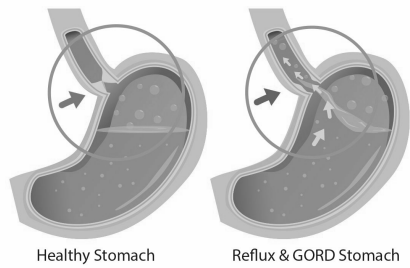


GORD



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 |
| oesophageal 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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