

Medical Management of Gastroesophageal Reflux Disease (GERD)

Green River District School Health Program

Student: _____ Date of Birth: _____

Date: _____

School: _____

Physician(s): _____

Gastroesophageal reflux is the backward flow of gastric contents into the esophagus. This results in a burning sensation just beneath the lower end of the sternum. Dysphasia, which is a difficulty in swallowing, is another common symptom. In children and adults, reflux is commonly linked to diet selections, medications, obesity, and increase in intra-abdominal pressure. In children it also is associated with developmental problems and asthma. Pregnancy, alcohol use, excessive stress, and smoking are also contributing factors for young adults.

Medical management of GERD is to identify triggers and to decrease the stomach acid. In some cases managing by avoiding problem foods and beverages, decreasing stress, loosing weight and maintaining an upright position after meals. If treatment with medication is not successful surgical intervention may be necessary.

Problem: Heartburn

Goal: Eliminate symptoms

Management:

1. Elimination of those foods which trigger the heartburn
2. Eat small meals
3. Avoid lying down 3 hours after a meal
4. Raise head of bed 6-8 inches
5. Stop smoking
6. Consult a nutritionist for weight management
7. Eliminate caffeine foods and beverages
8. Take medication as directed

Problem: Pain

Goal: Relieve discomfort

Management:

1. Determine pain-scale (See attachment)
2. Administer medication as prescribed
3. If no improvement contact parent

Medications taken at home: _____

Medications taken at school: _____

Side effects to watch for: _____

Call medical doctor if the following occurs: _____

Contact Information:

Parent/guardian

Name: _____

Address: _____

Telephone: _____ Cell phone: _____

Signatures:

Student's parent/guardian

Date

Physician

Date

School Nurse

Date