Management and Nursing Care for Patient with Esophageal Varices

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ABSTRACT

Hemorrhage from esophageal varices is a major life threatening complication of liver cirrhosis. About 40%–70% of liver cirrhosis patients develop esophageal varices, among whom about 40% have clinical hemorrhage. Variceal bleeding usually carries a mortality rate ranging between 30% and 50%. Hemorrhage from esophageal varices may induce hypovolemic shock, therefore, it is very important to prevent and treat the ruptured esophageal varices bleeding. Medical management of variceal bleeding includes medicine, endoscopic treatment, balloon tamponade, portal systemic shunt, and transjugular intrahepatic portal system stent shunt (TIPS). Proper nursing intervention should be provided to patients receiving different treatments.

Key words: liver cirrhosis, portal hypertension, esophageal varices.