

Male Reproductive Health

4235 Summer 08

Learning Objectives

Describe various conditions affecting the young adult male reproductive system and the nursing care for them

Describe care of the male with an infectious disorder of the reproductive tract

Discuss the education of young adult males related to Testicular Self Exam

Describe nursing care of the client with testicular cancer

Concepts

Comfort/Pain

Elimination

Health Maintenance/Promotion

Immunity/Infection

Psychosocial

Epididymitis

Infection of epididymis

Usually descends from infected prostate or urinary tract

GC, chlamydia

Symptoms

Pain and swelling in groin and scrotum

Fever, chills, nausea, urgency, frequency, dysuria

Pyuria

If untreated may cause infertility

Diagnosis

Urinalysis

Culture

Treatment

Treat infection with appropriate antibiotic med for organism

Nursing Care

Bedrest with elevated scrotum to prevent pulling on spermatic cord, promote drainage, relieve pain

Cold compresses to scrotum for pain

Sitz baths to relieve inflammation

Administer analgesics

Client instructed to avoid heavy lifting, straining, sexual stimulation

Advise may take 4 weeks or > to return to normal

Orchitis

Inflammation of testes

Caused by infection, trauma, unknown factors

Mumps

Onset of scrotal pain, edema sudden 4-7 days after jaw swelling

May cause atrophy of testes

Recommend mumps vaccination for men who have not had mumps or vaccine before

Treatment

Directed by causative agent

Rest, elevation of scrotum, ice packs

Antibiotics, analgesics, anti inflammatory meds

In past, sterility, impotence often resulted from mumps

Now if exposed to mumps, get gamma globulin

Makes disease less severe with minimal or no complications

Testicular Cancer

Is most common cancer in males ages 15-40 years old

Highly treatable, usually curable

Risk factors

Undescended testicles (cryptorchidism)

Family history of testicular cancer

Previous cancer of other testicle

Being Caucasian

Exposure to industrial chemicals

DES exposure

Symptoms

Appear gradually with painless lump on testicle

c/o heaviness in scrotum or lower abd

Tends to metastasize early to lungs

Diagnosis

Monthly TSE by client effective in detecting testicular cancer

Yearly exam by HCW

hCG and AFP elevated in testicular cancer

Ultrasound

Treatment

Orchiectomy

Consider sperm banking

Radiation

Chemotherapy

Nursing Care

Assess client physical and psychological status

Monitor response to treatment

Pre-op and post-op care

Address issues r/t sexuality, body image

Does not necessarily prevent fathering children

Removal of one testes does not affect virility

Educate about importance of performing TSE, keeping F/U appointments

Testicular Self-Exam

Perform once a month after warm bath, shower

Use both hands to palpate testis

Normal testicle is smooth with uniform consistency, one usually larger than other

With index and middle fingers under testis and thumb on top, roll testis gently horizontally between thumb and fingers, feel for small lump

Repeat, palpating vertically

Locate epididymis (cord like structure) on top and back of testicle and palpate, then palpate spermatic cord

Repeat on other side