

Hemorrhoids

Thursday, December 8, 2016
3:04 PM

Learning Objectives

- define, and name, hemorrhoids, internal hemorrhoids, external hemorrhoids
- signs/symptoms & evaluation of internal hemorrhoids
- management options for hemorrhoids

Background

4th/5th leading digestive disease for ambulatory care visits
less than 1/2 seek tx

HEMORRHOID - formation of vessels, tissues, & mucous membranes due to inflammation

INTERNAL - may protrude into anal canal; NO pain

EXTERNAL - visible external bluish lumps; **thrombosis: pain**

Causes

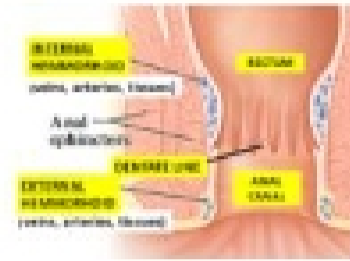
- age
- poor bowel habits
- straining
- prolonged sitting/standing
- pregnancy

Symptoms

- itching
- irritation
- inflammation
- discomfort
- swelling

Exclusions for Self-Tx

- <12 yrs
- >7 days
- swelling
- bloody stools
- bleeding
- seepage
- prolapse
- thrombosis
- abscess, fistula, fissure
- neoplasm, malignancy
- acute severe pain
- abdominal pain
- Δ bowel movements
- GI disease
- family history of colon cancer



SCLEROSING AGENT - shrink vessels
CRIO SURGERY - freezing them off

Treatment Goals

- soften stool
- decrease symptoms
- prevent complications

Treatment

- NonPharm:

- (Fibryle (NO Hmg, NO NSAID) (ASA, hygiene, sitz bath)
- diet (NO acid, fiber, water)
- ex (excision)
- non-ex (sclerosing agents, rubberband, cryosurgery)

- Pharm:

Int/let	Class	Indication	MOA	Relieves	NO relief w/	Side Effects	Examples
H	LL	Local Anesthetics	inhibit nerves	IT, IP, B, D			Dibucaine, Benzocaine, Lidocaine, EMLA, Prilocaine, Proparacaine, Tetracaine
H, I (not B,ex)	VC	Vasodilators	stimulates alpha2 adrenergic receptors	IT, IP, B, D	Burn	BP	epifenine, epinephrine, phenylephrine
H, I (not B,ex)	P	Protectants	Barrier	IT, IP, B, D			zinc oxide, glycerin, mineral oil, petroleum jelly, zinc oxide
H, I (not B,ex)	D	Stimulants	stimulate peristalsis, drying	IT, IP, B, D	Diarrhea	stinging	salicylic acid, bisacodyl, sennoside
H	K	Keratolytics	removes surface cells	IT, IP, B, D		malabsorption, diarrhea, nausea, vomiting, constipation	Resorcinol
H	ASA	Analgesics, Anesthetics, Antipruritics	disrupts (not) cell signaling	IT, B, D	irritation		benzocaine, lidocaine
H	C	Corticosteroids	suppresses immune response	IT, B, D	irritation, burn, diarrhea		hydrocortisone