

## Concept Map Template

Primary Diagnosis: Gastroesophageal Reflux Disease

1. Describe the pathophysiology of the primary diagnosis in your own words. What are the patient's risk factors for this diagnosis?

Pathophysiology of Primary Diagnosis

Gastroesophageal Reflux disease (GERD) is reflux of stomach contents into the esophagus caused by increases abdominal pressure or an incompetent sphincter tone. The gastric contents is acidic, causing irritation to the lower lining of the esophagus.

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#### Causes

- **Increased Abdominal Pressure**
- **Decreased Lower Esophageal Sphincter (LES) tone.**
- **Increased Transient LES relaxations.**
- **Impaired Esophageal Motility**
- **Delayed Gastric Emptying**
- **Hiatal hernia**

#### Risk Factors (genetic/ethnic/physical)

- Obesity
- Pregnancy
- Eating Habits (having a large meal)
- Lack of Physical Activity after having a meal
- Smoking
- Alcohol Consumption