



NR578 Standardized Procedure Worksheet

Name: [REDACTED]

Carefully read the assignment guidelines and rubric and complete each section of the worksheet below.

1. Definition

a. Disease or condition - Benign prostatic hyperplasia in older adults

b. Pathophysiology – “BPH is a histological diagnosis defined as the proliferation in the total number of stromal and glandular epithelial cells, within the transition zone of the prostate gland. In some men, BPH may lead to benign prostatic enlargement (BPE) or benign prostatic obstruction (BPO) which relates it to Lower urinary tract symptoms (LUTS) (Dornbier et al., 2020)”

c. Incidence and prevalence –

(Dornbier et al., 2020)

The prevalence of BPH increases with age [3]. Histologic prevalence reaches 60% at age 60 and 80% at age 80 [4]. Moderate to severe LUTS, defined as an International Prostate Symptom Score (I-PSS) greater than 7, have been used to refine the prevalence and incidence of BPH. Studies have shown the prevalence of moderate to severe LUTS to be 26%, 33%, 41%, and 46% in men in the fifth, sixth, seventh, and eighth decades of life, respectively [5]. Urinary retention is considered to represent a final symptomatic stage of BPH, and has been shown to increase in incidence with age [5, 6]. BPH represents one the largest segments of urologic practice and encompasses approximately 23% of all office visits [7]. The economic burden of BPH consists of direct costs