

Cholecystitis

Definition: is an inflammation of the gallbladder wall. This is most often caused by gallstones obstructing the cystic and/or common bile ducts causing bile to back up and the gall bladder to become inflamed.

Disease Prevention

- Consume a low-fat diet rich in HDL sources (seafood, nuts, olive oil)
- Participate in regular exercise program
- Do not smoke.

Risk Factors

- More common in females
- Estrogen therapy and use of some oral contraceptives
- Obesity (impaired fat metabolism, high cholesterol)
- Genetic predisposition
- Older adults (decreased gall bladder contractility, more likely to develop gallstones)
- Type 2 diabetes mellitus (high triglycerides) or Chron's disease.
- Low calorie, liquid protein diets
- Rapid weight loss (increases cholesterol)
- Native American or Mexican American ethnicity

Expected Findings

- Sharp pain in the right upper quadrant, often radiating to the right shoulder.
- Pain with deep inspiration during right subcostal palpation (Murphy's sign)
- Intense pain (increased heart rate, pallor, diaphoresis) w/ nausea & vomiting after ingestion of high fat food caused by biliary colic.
- Rebound tenderness (Blumberg's sign performed by a provider or advanced practice nurse.)
- Dyspepsia, eructation (belching), and flatulence
- Fever

PHYSICAL ASSESSMENT FINDINGS

- Jaundice, Icterus (yellow discoloration of the sclera),
- Clay colored stool
- Steatorrhea (fatty stools)
- Dark urine
- Pruritis (itching caused by an accumulation of bile salts in the skin.
- Older adults may experience delirium as a first symptom.

Laboratory Tests

- ↑ increased WBC indicates inflammation
- ↑ Direct, indirect, total bilirubin if bile duct is obstructed.
- ↑ Amylase and lipase if pancreas is involved
- ↑ AST, ALP, LDH (increased w/ liver dysfunction) can indicate the common bile duct is obstructed.

DiagnosTICS

- ultrasound
- Abdominal Xray or CT scan
- Hepatobiliary scan (HIDA)
- Endoscopic Retrograde cholangiopancreatography
- Magnetic Resonance cholangiopancreatography

Patient centered
care

Medications:

Analgesics

- opioids for acute biliary pain
- NSAIDs for mild to moderate pain

Bile Acid

- use caution w/ those w/ liver issues.

Therapeutic procedures

- Extracorporeal shock wave lithotripsy.
- Cholecystectomy

Complications

Obstruction of the bile duct

! ischemia

! gangrene

! rupture of the gallbladder wall

! Abscess & rupture = peritonitis

! Bile peritonitis

! post cholecystectomy syndrome