**Week 5 Concept Process (Crohn’s Disease and Electrolyte Imbalance)**

Example paper of how it should look

**Crohn’s Disease and Electrolyte Imbalance**

Crohn's disease is an acute inflammatory illness that results in the inflammation of the digestive system. Some of its symptoms are weight loss, severe diarrhea, malnutrition, fatigue, and abdominal pain. As the disease progresses, electrolyte imbalances are evidenced (Hubert, 2018). The current essay examines the relationship between Crohn's disease and electrolyte imbalance. Considerably, electrolyte imbalance occurs due to the loss of body fluids through diarrhea (Hubert, 2018). Also, the imbalance can be caused by dehydration and renal impairments. As a result, electrolyte imbalance is one of the significant effects of Crohn's disease.

Multiple factors contribute to the pathogenesis of Crohn's disease-associated diarrhea. Mucosal damage from persistent inflammation leads to poorly regulated intestinal ion transport, dysfunctional epithelial barrier function, and increased pathogen accessibility to the intestinal mucosa (Hubert, 2018). As a result, dysfunctional epithelial barrier function in the digestive tract is the primary cause of water accumulation in the lumen and electrolyte retention. The impaired absorption and secretion of electrolytes leads to an electrolytic imbalance among patients with Crohn's disease (Hubert, 2018). The most prevalent and essential problems associated with inflammatory bowel disease are decreased sodium and chloride absorption and increased potassium output.

Other than intestinal inflammations, Crohn's disease contributes to malnutrition. Excessive diarrhea can result in dehydration, making the body to be depleted of essential nutrients, fluid, and electrolytes like zinc, potassium, sodium, and magnesium (Hubert, 2018). The shortage of the necessary electrolytes leads to electrolytic imbalance. However, nursing interventions can help monitor fluid loss, oxygen levels, potassium levels and conduct renal impairments tests. The nurses can also assess mucosa impairments and inflammations. Such nursing interventions can help mitigate electrolyte imbalance among patients with Crohn's disease.

**References**

Hubert, R. (2018, December 19). *Gould's Pathophysiology for the Health Professions*(6th Edition). Elsevier Health Sciences (US). <https://ambassadored.vitalsource.com/books/9780323414425>