Esophageal atresia is the most common malformations of the esophagus anomalies which is life-threatening and requires lifelong treatment and care. There are five different subtypes of the disease as A, B, C, D and E. When the current literature is scanned; it is seen as one in 2400-4500. Laryngeal cleft is a rare congenital anomaly too. It causes the connection between the trachea and esophagus. The incidence of this disease is up to 7.6% in current studies. The reason for this change is thought to be the unspecified features of type I, lack of diagnosis and existence of unreported cases. And the last one that, tracheomalacia is defined as loosening or softening of the tracheal and bronchial lumen leading to the lungs and collapsing/contracting during airflow. Approximately 1 in every 2000 – 2100 births is affected. There are additional anomalies seen in these babies. In addition, laryngeal clefts and tracheobronchomalacia are similarly dangerous diseases that affect the respiratory tract in a major way and can often be fatal, requiring intensive care. Clinical manifestations of these diseases, though there are many different aspects of it, come together as nutrition and respiratory problems. Infants with these diseases experience developmental delays, recurrent respiratory infections, frequent intensive care hospitalizations. It is also seen that patients are at risk of being exposed to many complications due to their surgical treatment needs. In this study, it is presented a 5-month-27-day-old infant ‘case M’ with a diagnosis of esophageal atresia, laryngeal cleft, and tracheobronchomalacia. The anamnesis of Case M was taken and evaluated according to Marjory Gordon's Functional Health Patterns Model. As a nursing diagnosis; risk of infection, loss of fluid volume, imbalance in nutritional pattern, lack of self-efficacy, inability to maintain spontaneous ventilation, struggle in the mother's caregiver role loss of tissue integrity and risk of falling: were made in accordance with NANDA, and intervened according to the NIC, and the results were established according to the NOC.

Title:
According to NANDA Diagnosis and NIC, Administration Nursing Care of Patient With Congenital Esophageal Atresia

Keywords:
Esophageal atresia, NANDA NIC NOC and nursing care

References:

Abstract Summary:
In this study, given a 5 month 27 day old nursing care patient with esophageal atresia, laryngeal cleft, and congenital tracheobronchomalacia, for whom a nursing care was planned and applied based on NANDA nursing diagnoses, NIC nursing initiatives and NOC results during their intensive care unit stay.

Content Outline:
Introduction

Esophageal Atresia

Esophageal atresia is one of the most common malformations of the esophagus anomalies which is life-threatening and requires lifelong treatment and care. Particularly, there is a need for follow-up, treatment and care for life. (1, 2)

The incidence of esophageal atresia shows variations in the literature. When the current literature is scanned; it is seen as one in 2400-4500 (3, 4) births worldwide, while in some it is 2.99 per 10,000 births. (5, 6)
The first classification of esophageal atresia was performed by Gross in 1953. According to this classification; Type A: Isolated OA (7%) where both ends terminated bluntly. Type B: OA with proximal end fistulised into the trachea with a distal blunt end (1%). Type C: OA with proximal end with blunt termination, distal end fistulised into the trachea (most common 86%) Type D: A (2%) where both ends fistulised into the trachea, Type E: The esophagus is opened with a fistula to the trachea without atresia. (H fistula) (4%) (7, 8)

Treatment and caring needs depend on the type of atresia. (6)

**Laryngeal cleft**

Laryngeal cleft is a rare congenital anomaly that causes the connection between the trachea and esophagus. (9, 10)

The incidence of this disease is up to 7.6% in current studies. The reason for this change is thought to be the unspecified features of type I, lack of diagnosis and existence of unreported cases. (11, 12)

Cleft doesnot go beyond that of the vocal cords in type I. Posterior cricoid cartilage is incomplete in type II. Type III and Type IV have a tracheoesophageal septum cleft distal to the cricoid cartilage. If the cleft extends into the tracheoesophageal septum it is classified as Type III and is classified as Type IV if it extends to the trachea. (11, 12)

Medical treatment is considered before surgical treatment in Type I clefts. (13)

**Tracheobronchomalacia**

Tracheomalacia is defined as loosening or softening of the tracheal and bronchial lumen leading to the lungs and collapsing/contracting during airflow. (14) It was first described in 1952 by Holinger et al. (15)

Approximately 1 in every 2000 – 2100 births is affected. There are additional anomalies seen in these babies. (16, 17) Clinical physical examination, pulmonary function test, computed tomography, magnetic resonance and bronchoscopy methods can be used to diagnose. (18, 19) Symptomatic treatment is applied. Pharmacological methods are tried first. (20)

Since esophageal atresia, laryngeal cleft, and tracheobronchomalacia are rare diseases, it has been observed that there is no study of nursing care of these diseases in our country. In this context, a diagnosis of esophageal atresia, laryngeal cleft, and tracheobronchomalacia was made according to Gordon's Functional Health Patterns, by making a diagnosis according to NANDA, by planning NIC and NOC initiatives and observing the results.

Case M was the first child of the family and was born on July 11, 2015, weighing 2,620 gr at 37 weeks. On the 4th day after birth, the operation was performed at another center due to esophageal atresia, but it was not successful.

The patient who was admitted to the hospital with aspiration pneumonia on 7th January 2016 started being followed as 5 months 27 days old and was admitted to the intensive care unit for 45 days There are no anomalies in the parents.

**Detection and Management of health**

The way in which the mother perceives health is assessed. When interviewed about baby's health, she stated that 'she believes that the baby will improve and this hospital and health workers are safe and she has high hopes'.
Nutrition and Metabolic Status

Patient was fed with TPN until his transpyloric catheter was inserted. After the catheter was inserted, it was started to be infused with food by constant infusion at a rate of 3ml per hour. Then it is continued to be increased.

Discharge/Elimination

No urine or stool problems

Activity/Exercise

When the baby's sedation was, there were active limb movements.

Cognitive Perception

When the baby's sedative medicines were cut off, it was seen that he could look at his name, trace with his eyes, grasp small objects, recognize her mother's voice.

Sleep/Rest

When the baby's sedation was interrupted, he had an average of 15 hours of sleep per day.

Self-Perception and Self

Baby's mother was evaluated. She stated that she saw herself as a good mother devoted to the health of her baby and she was open for further education for the care and healing of the baby.

Role and Relationships

The mother stays in hospital because of her baby's disease.

Sexuality and Reproduction

Mother S has stated that she has been in hospitals for months for the baby.

Coping and stress

The baby's mother says she can cope with it and seems positive.

Faith and Values

The mother was thinking positively during the interview and said that it made her feel good. (21)

Physical Examination Findings

Weight: 2.810, weight Percentile: <3  
Blood pressure: 123/87 (right leg)
Height: 52cm, Height Percentile: <3  
Pulse: 147 / apical, rhythmic strong
Head circumference: 39 cm, Head circumference percentile: <3  
Capillary filling time: lower and upper extremity 2sec
Respiration: 32 Mechanical Ventilation: In PCV mode, PEEP 3, Rate: 20, I: E Ratio ¼, PIP: 24 FiO2 between 45-60% was ventilated There Is No Known allergy:

SpO2: 92%-97%

Vaccinations: Proper for the age

NANDA Diagnosis of Nursing: Infection Risk

Area: Safety/Protection Class: Infection

Related Factors

Intubation, tracheostomy, use of ventilator, surgical treatment, intermittent enteral and parenteral feeding, following arterial pressure after surgery, due to insertion of urine probe after surgical procedures

NOC | Area | Grade | NIC | Area | Grade
---|---|---|---|---|---
0703 | The severity of Physiologic Health Immune response | 6540 | Infection Control | Safety Risk Management
1102 | Wound Healing: Primary Physiologic Tissue Integrity | 6550 | Prevention from Infections Safety Risk Management

Infection Control

If necessary/appropriate, start and continue the specified isolation measures.

Properly, limit the number of visitors.

Keep the aseptic environment while changing the TPN tube and bottles.

According to the CDC guidelines; Make sure that perieral / central / IV catheters are in aseptic conditions for dressing change.

Make sure that proper wound care management is applied.

Ensure proper nutrition

Teach the patient's family/caregiver about signs and symptoms of infection and inform healthcare providers.

Teach the patient and the family how to protect him from the infection.

NANDA Nursing Diagnosis: Liquid Volume Depletion

Area: Nutrition Class: Hydration

Related Factors

Surgical procedures, associated with antidiuretic therapy

Descriptive Factors

Pale cold and humid skin of baby after operations

NOC | Area | Grade | NIC | Area | Grade
---|---|---|---|---|---
NANDA Diagnosis of Nursing: Imbalance in Feeding: Less than Need
Area: Nutrition, Class: Eating
Related Factors
Due to medical diagnosis, the nutrition is difficult due to the weight, height and head percentile being less than 3

Descriptive Factors
Weight: 2.810 (Normal: 5.94-9.34)
Height: 52cm (Normal: 61.6-71.3)
Head Circumference: 39cm (Normal: 40.4-45.3)

NANDA Nursing Diagnosis: Self Care Deficit
Area: Activity/Relaxation, Class: Self Care
Related Factors
Due to the current diagnosis of the patient, the personal needs of the patient are not met by the caregiver (mother)

Descriptive Factors
Having crustacean formations at the baby's head
Baby's oral hygiene not provided
Bad smell coming from the body when baby first arrives

NANDA Nursing Diagnosis: Self Care Deficit
Area: Activity/Resting Class: Cardiovascular/Pulmonary Response
Related Factors
Due to tracheobronchomalacia
Descriptive Factors
The patient's aspiration pneumonia, including after treatment, hypertension when leaving the ventilator, use of accessory respiratory muscles, development of tachycardia (160), cyanosis

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<td>6680 Vital Findings Tracking</td>
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NANDA Nursing Diagnosis: Risk Of Difficulty As Their Caregivers (Mom)
Area: Role Relationship, Class: Carer's Role
Related Factors
Depending on whether the medical diagnosis of the baby requires home treatment
Depends on the need for long maintenance nursing

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<td>Health Information &amp; Behavior</td>
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NANDA Diagnosis of Nursing: Deterioration of Tissue Integrity
Area: Safety/Protection Class: Physical injury
Descriptive Factors
Previous surgical operation, presence of gastrostomy, oral intake failure, presence of catheters, skin establishment
**Related Factors**

No oral intake, change in nutrition, immobility, change in body temperature

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<td>Wound Healing: Primary</td>
<td>Physiologic Health Tissue Integrity</td>
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<td>Physiological: Skin / Wound Management</td>
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**NANDA Nursing Diagnosis: Fall Risk**

**Area: Safety/Protection, Class: Physical injury**

**Related Factors**

Due to the fact that the patient is dependent on taking sedative medication with the use of multiple medical equipment

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In conclusion, esophageal anomalies are frequently associated with laryngotracheal problem and important for morbidity and mortality. When life treating events occur, aggressive management should be recomended. So these disease seems rare, it has been observed that there is no study of nursing care of these diseases in Turkey. Therefore, new nursing studies are needed for these diseases.

**First Primary Presenting Author**

**Primary Presenting Author**

Aylin Akca Sumengen
Koc Universty Student
Istanbul Turkey

**Professional Experience:** 2013- Graduate from Koc Universty School of Nursing 2016- Graduate from Koc Universty Health Science Department 2017- Continue to Koc Universty Health Science for Pediatric Nursing

**Author Summary:** Aylin Akca was born on January 13, 1990. She graduated from Koç University's nursing college in 2013 and from Koç University's Institute of Health Sciences in 2016. Now she is currently serving as a lecturer in Bahcesehir University. She has interested in the field of the effect of cyber bully on the mental health of adolescents.