



Abordaje integral del paciente con enfermedad de crohn [

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text (article)

Analítica

Crohn's disease is an inflammatory chronic disease that affects gastrointestinal tract. Recently its incidence and prevalence has increased notably throughout the world and, as a consequence, it has become a disease with serious economic and social impact. Changes in the intestinal microbiota, alterations in the immune system, genetic predisposition and environmental factors increase the risk of suffering from Crohn's disease. To carry out an adequate approach to this disease, it is necessary to have a series of therapeutic strategies that combine pharmacological treatment, enteral nutrition, dietary guidelines and surgery. These strategies, all together with nursing interventions, make possible to improve the quality of life of the patient and reduce the physical, psychological and social repercussion associated with this disease. Because of this, with the labor of the nurse, through care and educational interventions, promotes therapeutic adherence, self-care and better control of the disease by the patient

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