

## Clinical management and nursing care of patients with interstitial cystitis

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Interstitial cystitis is a chronic, inflammatory and progressive disease. The clinical symptoms are mainly characterized by pelvic pain and repeated recurrent non-inflammatory bladder pain. Bladder symptoms include bladder pain, pain and lower urinary tract. Symptoms such as frequent urination, nocturia, urgency, etc., are also known as bladder pain syndrome. The pathogen is unclear, which may be related to autoimmune diseases, infections, allergies, leakage of bladder epidermis and activation of giant cells. In the clinic, medical therapy is often used, which cannot be cured and repeated. Therefore, the goal of treatment can only be to relieve the symptoms. Interstitial cystitis is disease easily morbid with irritable bowel disease, vulvar pain, chronic pelvic pain, endometriosis, fibromyalgia, chronic fatigue syndrome, etc. It produces emotional problems such as anxiety, depression and severe impact on the quality of daily life. This study explores the clinical characterization of interstitial cystitis disease, differential diagnosis, pathogenic factor, medical treatment and care to help caregivers understand and care, to improve patient care quality and reduce the relapse. However, we suggest that more nursing research is needed to provide evidence-based care and guidelines in this field.

### Biography

Chiao-Li Tseng has her expertise in evaluation in improving the women health and wellbeing. She have been a Nurse Practitioner in Department of Gynecology and Obstetrics for many years and observed that patients suffered from bladder pain syndrome problems during their critically ill days. Since symptoms distress may interfere patients' recovery, she is interested in exploring symptom distress and impact of life in women with interstitial cystitis.

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