

# Course Summary

Course 1

## We What The Nurse Needs To Know About Ehlers-Danlos Syndromes (EDS)



In this course you were introduced to information you need to understand to provide safe, quality care for patients with EDS. This includes an understanding of EDS, as a genetic, connective tissue disorder which lasts a lifetime, and affects multiple systems of the body. You learned that EDS can have a significant impact on patients affected with numerous symptoms including pain, joint and skin injuries, autonomic nervous system dysfunction with orthostatic intolerance as well as unexpected reactions to medications, chemicals and allergens. You also learned general principles of nursing care for the patient with EDS. These include listening to the patient, validating and treating their pain, care with moving and positioning, and assessing for previous medication reactions and sensitivities, and communicating these to everyone on the care team.

# What is EDS?

A genetic connective tissue disorder

- 13 types, hypermobile most common
- Systemic
- Chronic
- Underdiagnosed
- Significant patient impact



## Physical changes in EDS: How these impact the patient

- Hypermobility with joint pain, injury & mobility issues
- Skin fragility & bruising
- Dysautonomia & POTS
- Mast Cell Activation Disorder
- GI issues
- Cognitive issues & brain fog
- Chronic pain

## Overview of Nursing Care for the Patient with EDS

ALWAYS LISTEN TO THE PATIENT

- Prioritize pain management
- Validation
- Don't underestimate
- Multi-system symptom assessment & management
- Be aware of the impact on the person's whole life and family
- Meet needs for support, navigation & advocacy



# Course 1 References

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