

# Gastroenterology and Therapeutics Congress

November 18, 2025 | Webinar

## Comprehensive case study of periampullary carcinoma in a 70-year-old patient: Management, nursing interventions, and recovery

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**Introduction:** Periampullary carcinoma is a rare and aggressive malignancy affecting the periampullary region of the duodenum. This case study explores the management and recovery of a 70-year-old patient diagnosed with this complex condition, emphasizing the multidisciplinary approach required for effective treatment.

**Case Presentation:** A 70-year-old male presented with jaundice, abdominal pain, and weight loss. Imaging studies revealed a periampullary carcinoma. The patient's medical history included hypertension and type 2 diabetes. Initial evaluation showed obstructive jaundice with elevated bilirubin levels and pancreatic involvement.

**Management:** The patient underwent a Whipple procedure (pancreaticoduodenectomy) to address the carcinoma. Postoperative care included pain management, nutritional support, and monitoring for complications such as infection and delayed gastric emptying. A multidisciplinary team consisting of oncologists, surgeons, nurses, and dietitians was involved in the patient's care.

**Follow-up and Outcome:** Post-surgery, the patient experienced a gradual recovery with managed complications.

Follow-up included regular imaging and laboratory tests to monitor for recurrence and assess recovery. The patient was provided with ongoing nutritional support and rehabilitation to improve quality of life and functional status.

**Conclusion:** This case underscores the importance of a comprehensive, multidisciplinary approach in managing periampullary carcinoma, particularly in older patients. Early diagnosis and a well-coordinated treatment plan can significantly improve outcomes and recovery. Continued monitoring and supportive care are crucial for optimizing patient well-being and detecting any potential recurrence early.

### Biography

Shashi Prakash is an Assistant Professor at the College of Nursing, GSVM Medical College, Kanpur, specializing in medical-surgical nursing with a focus on gastroenterology. He has published 21 research papers, co-guided undergraduate theses, and presented at major national and international conferences. A recipient of the Young Researcher Excellence Award (2021), he has also led national webinars and WHO-supported training programs on viral hepatitis. He is FibroScan-certified with over 250 scans completed under the National Free Liver Check-Up Project. An active peer reviewer and editorial board member, his key interests include hepatology, clinical research, and nursing education.