

16.3 Balanitis

DEFINITION	Balanitis is an inflammation of the glans penis. It is the most common complication of phimosis (foreskin cannot be retracted) and is seen most commonly in uncircumcised men. Allergic reactions, CHF, cirrhosis, DM, obesity, and renal failure can predispose a man to balanitis. The most common organisms that cause balanitis are candida, Group B Strep and gardnerella.
SUBJECTIVE	<u>May include:</u> <ol style="list-style-type: none">1. Multiple, round, red erosions on the glans and shaft of penis.2. Diffuse erythema of the glans penis and/or scrotum.3. Edema, ulcerations and fissuring of prepuce, usually in diabetic men.4. White plaques under foreskin.5. Penile discharge.6. Dysuria.7. Elevated temp.8. Inability to easily retract the foreskin.9. Inability to void.10. Pain and swelling of the glans penis.
OBJECTIVE	<u>Must include:</u> <ol style="list-style-type: none">1. Vital signs: BP, Temperature.2. Penile exam with assessment of ability/inability to retract foreskin and visualize the urethral meatus.3. Scrotal exam.4. Examination of the inguinal lymph nodes.
LABORATORY	<u>May include:</u> <ol style="list-style-type: none">1. KOH / wet prep.2. Fasting blood glucose.3. STI testing: CT, GC, HIV.4. UA
ASSESSMENT	Balanitis.
PLAN	<ol style="list-style-type: none">1. If phimosis is not present, instruct the client to retract the foreskin daily and soak in warm bath for 15-20 minutes.2. If KOH wet prep is positive and/or there is high clinical suspicion for fungal disease, follow pharmaceutical regimen according to current CDC guidelines.
FOLLOW-UP/ REFERRAL	<ol style="list-style-type: none">1. If unable to visualize the urethral meatus (phimosis present) and/or symptoms are worsening, must refer to specialist.2. Allergy or intolerance to antifungal agents <p>NOTE: Report of inability to urinate and / or presence of paraphimosis (foreskin is trapped behind the glans penis and cannot be pulled back to its normal position) on exam constitute a medical emergency and the patient must be referred to the ER or specialist immediately.</p>
PATIENT EDUCATION	<ol style="list-style-type: none">1. Review with patient proper genital self-care and hygiene. Caution uncircumcised patient about phimosis and paraphimosis.2. Emphasize the importance of follow-up care.