

Ncsbn nclex lesson 8-b respiratory



**ASSIGN
BUSTER**

Rhinitis Definition: inflammation of the mucous membrane of the nose marked especially by rhinorrhea, nasal congestion and itching, and sneezing

Sinusitis Definition: inflammation of one or more of the paranasal sinuses

ONNCSBN NCLEX LESSON 8-B RESPIRATORY SPECIFICALLY FOR

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airway clearance techniques: conscious victim: infants (less than 1 year)

back blows and chest thrusts

airway clearance techniques: conscious victim: younger children

modified Heimlich maneuver ("astride")

airway clearance techniques: conscious victim: older children & adults

Heimlich maneuver

airway clearance techniques: unconscious victim

begin CPR

Pharyngitis Definition: inflammation of mucous membranes of pharynx

pharmacologic: Pharyngitis i. antimicrobial therapy - penicillins for strep throat (erythromycin if allergic to penicillin)

ii. antifungal therapy such as nystatin for fungal causes

iii. analgesics such as ibuprofen or topical anesthetic sprays or lozenges

Tonsillitis and adenoiditis Definition: inflammation and infection of the tonsils and especially the palatine tonsils

Findings: Tonsillitis and adenoiditis

a. sore throat - may be recurrent

b. fever

c. difficulty swallowing

d. enlarged tonsils and adenoids - may be "kissing tonsils" (where they are touching)

e. foul smelling breath (halitosis)

f. noisy respirations - snoring loudly during sleep if enlarged adenoids

g. recurrent ear infections provide positioning that allows for comfort after tonsillectomy/adenoidectomy prone, head turned to the side
Peritonsillar abscess
Definition: complication of acute tonsillitis or pharyngitis with spread of tonsillar infection into the surrounding tissue
Herbal remedies for upper respiratory infections
Echinacea (dried root or tea)

Garlic cloves

Horseradish

Slippery elm tea
Laryngitis definition: inflammation of vocal cords and surrounding mucous membranes
croup and epiglottitis are types of laryngeal inflammation
Chronic obstructive pulmonary disease (COPD)
Definition: chronic irreversible airway obstruction with slowed exhalation
3 TYPES OF COPD

Emphysema

chronic bronchitis

cor pulmonale
pharmacologic treatments: COPD
i. inhaled bronchodilators - albuterol (beta-adrenergic), ipratropium (anticholinergic)

ii. inhaled or oral corticosteroids - prednisone (IV during exacerbations), methylprednisolone (Medrol)

iii. expectorants - guaifenesin
Asthma
Definition: a chronic lung disorder marked by recurrent episodes of bronchospasm-related airway obstruction triggered by hyperreactivity to various stimuli, producing airway narrowing and tenacious, thick, excess, mucous
Asthma: Etiology: extrinsic factors
i. cold air

ii. humidity

iii. allergens such as pollens, molds, dust mites, animal dander

iv. drugs: aspirin & NSAIDs
findings of pulmonary fibrosis
i. exertional dyspnea

b. nonproductive chronic cough

c. chronic inspiratory crackles

d. nail clubbing possible pleural effusion: fluid (transudate or exudate) in the pleural space; treated with thoracentesis or chest tube hemothorax blood in pleural space; treated with thoracentesis or chest tube empyema purulent drainage in pleural space; usually a complication of pneumonia, treated with chest tube and antibiotics chylothorax milky white lymphatic fluid in pleural space, treated with thoracentesis or chest tube, pleurodesis or surgery
Diagnostics lung tissue collapses chest x-ray that supports diagnosis

white blood cell count - high in empyema

HCT/HGB - below baseline in hemothorax

Normal HCT/HGB? Men:

Hemoglobin: 14-18 g/dl

Hematocrit: 42-52 %

Women:

Hemoglobin: 12-16 g/dl

Hematocrit: 37-47 %

Normal chest tube drainage rate? < 100 ml/hr
Identify the respiratory disorder for the findings listed below:

Cough; exertional dyspnea; fatigue; fainting; swelling of feet or ankles

Cor pulmonale
Identify the respiratory disorder for the findings listed below:

Drooping eyelid; mouth weakness (trouble chewing, swallowing or talking);
arm or leg weakness

Myasthenia gravis - an autoimmune neuromuscular where antibodies interfere with the transmission of nerve signals to the muscles. Identify the respiratory disorder for the findings listed below:

Cough; difficulty breathing; fatigue; fever greater than 100.4 F (38 C);
headache; myalgia

Severe acute respiratory syndrome (SARS) - a viral infection causing acute respiratory distress and sometimes death. Identify the respiratory disorder for the findings listed below:

Barrel chest; chronic cough, shortness of breath, wheezing; weight loss

Emphysema - a chronic and progressive disease of the lungs that causes shortness of breath due to over-inflation of the alveoli. Identify the respiratory disorder for the findings listed below:

Difficulty swallowing; ear pain; fever & chills; headache; sore throat

Tonsillitis - inflammation of the tonsils, due to either viral or bacterial infections or immunologic factors. Findings are similar to pharyngitis (sore throat). Identify the respiratory disorder for the findings listed below:

Chest pain; muffled heart and lung sounds; mediastinal shift; respiratory distress

Tension pneumothorax - occurs when air gets trapped in the pleural cavity and as the pressure increases, it pushes the mediastinum to the other side of the chest, which compresses the other lung. This is a life-threatening condition.