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Medical Diagnosis/Disease: COPD - Chronic Obstructive Pulmonary Disorder

NCLEX IV (8): Physiological Integrity/Physiological Adaptation

Anatomy and Physiology
Normal Structures
Normal anatomy of the lungs - goes from oropharynx, nasopharynx, laryngopharynx, larynx, trachea, mainstem bronchi, bronchioles, alveoli sacs, alveolar pores of Kohn, also there is the diaphragm, mediastinum. Surfactant helps to keep the alveoli from collapsing with each deep breath we produce surfactant. The pleural cavity has some liquid in it which helps with allowing the lungs to move without friction

Facilitate gas exchange which is CO₂ for O₂. O₂ gets transported through the alveoli into capillaries which then allows it to be perfused into tissues

Pathophysiology of Disease

airflow limitation caused by airway narrowing or obstruction or loss of elastic recoil

NCLEX IV (7): Reduction of Risk

Anticipated Diagnostics
Labs
ABGs
sputum cultures

Additional Diagnostics
Chest x-ray
Spirometry
COPD assessment test

NCLEX II (3): Health Promotion and Maintenance

Contributing Risk Factors
Smoking
Secondhand smoke
Inhaling any sort of chemicals constantly

Signs and Symptoms
shortness of breath
wheezing
chronic cough
cough can be with or without phlegm
fatigue
inability to do physical activity

NCLEX IV (7): Reduction of Risk

Possible Therapeutic Procedures
Non-surgical
staying up to date with vaccines
IS
humidifiers
Surgical
lung transplant
bullectomy
lung volume reduction

Prevention of Complications
(What are some potential complications associated with this disease process)

Nutrition decrease
trouble breathing
depression

NCLEX IV (6): Pharmacological and Parenteral Therapies

Anticipated Medication Management
Oxygen therapy
Bronchodilators inhalers
Mucolytic agents
anticholinergic meds

NCLEX IV (5): Basic Care and Comfort

Non-Pharmacologic Care Measures
Cough and deep breathing
relaxation techniques
Coping techniques

NCLEX III (4): Psychosocial/Holistic Care Needs

What stressors might a patient with this diagnosis be experiencing?
Financial
Being a burden on anyone
Death
Not having a support system
Not understanding what is going on with them

Client/Family Education

List 3 potential teaching topics/areas
• Cessation of smoking
• Coping mechanisms of the diagnosis
• How to properly use medications like the inhalers or oxygen therapy

NCLEX I (1): Safe and Effective Care Environment

Multidisciplinary Team Involvement
(Which other disciplines do you expect to share in the care of this patient)

Pulmonologist
respiratory therapist
mental health therapist
nutrition