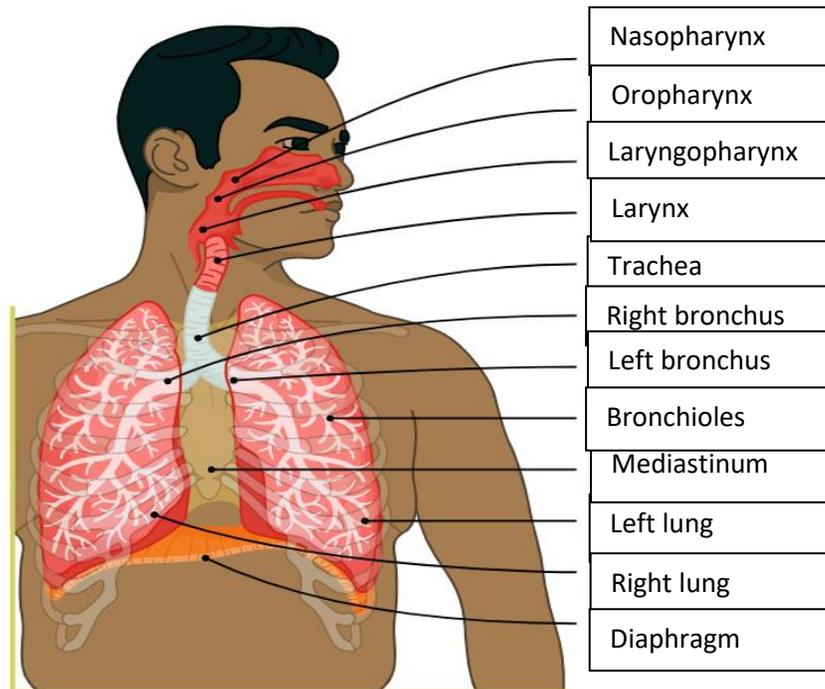


Respiratory Class Preparation Part 1 Day 1

Match the following term to the definition:

- | | |
|--|--|
| 1. Tidal volume <u>C</u> | a. The maximum volume of air that lungs can contain |
| 2. Inspiratory reserve volume <u>B</u> | b. The maximum volume of air that can be inhaled forcefully after normal inhalation |
| 3. Total lung capacity <u>A</u> | c. The volume of air inspired and expired with each breath |
| 4. Expiratory reserve volume <u>D</u> | d. The amount of additional air that can be forcefully expelled after a typical expiration |
| 5. Residual volume <u>F</u> | e. The maximum volume of air that that can be expelled after maximal inspiration |
| 6. Vital capacity <u>E</u> | f. The amount of air remaining in the lungs/alveoli after forced expiration that is available for gas exchange |

Review Chapter 27 in your Lewis book and then match the descriptions below to the correct location above for labeling respiratory anatomy.





Nursing Mystery Case: The Sniffling Stranger

Scenario:

You are a student nurse on your first clinical rotation. A patient named **Alex Jordan**, age 32, presents to the clinic complaining of the following symptoms:

- Sore throat
- Runny nose
- Mild fever (100.8°F / 38.2°C)
- Dry cough
- Occasional sneezing
- Reports “feeling tired” for two days

Your preceptor asks you to assess Alex and come up with a potential diagnosis, diagnostic tests, and basic nursing interventions.

Student Task:

Part 1: What’s the Diagnosis?

Match each symptom to a likely condition using the list below. You may choose more than one disorder if applicable.

Symptom	Possible Disorder(s)
Sore throat	A. Allergic rhinitis B. Common cold C. Pharyngitis
Runny nose	A. Sinusitis B. Common cold C. Influenza
Fever	A. Laryngitis B. Influenza C. Allergic rhinitis
Dry cough	A. Pharyngitis B. Bronchitis C. Common cold

Question: Based on all the symptoms, what is the *most likely* diagnosis?

The most likely diagnosis is the common cold as evidenced by a dry cough, mild fever and runny nose.

Part 2: Respiratory Assessment Detective

Imagine you are performing a respiratory assessment on Alex. Circle or highlight which assessments would be **most important** and explain why:

- **A. Inspecting the chest for rise/fall – to check RR and work of breathing.**
- **B. Listening for adventitious lung sounds – wheezes, crackles, or rhonchi can indicate other abnormal lung conditions such as bronchitis or asthma.**
- **C. Asking about smoking history – to r/o any additional conditions or diseases.**
- **D. Measuring oxygen saturation - helps determine if supplemental oxygen is needed.**
- E. Checking pupil size
- F. Assessing pain level in legs

Short Answer: Write 2–3 sentences about **what abnormal findings** you might expect in a patient with this disorder.

In a patient with the common cold, it is common to find nasal congestion or rhinorrhea, also known as runny nose. The throat can appear a little reddened or irritated, and breath sounds may include mild congestion, without prominent wheezes or crackles. Lastly a low-grade fever and fatigue are common abnormal findings.

Part 3: Diagnostic Match-Up

Match the disorder to the **most appropriate diagnostic test**:

Disorder	Diagnostic Test
Influenza	→ 1. Nasal swab rapid antigen test
Sinusitis	→ 2. Sinus X-ray or CT
Pharyngitis (bacterial)	→ 3. Throat culture or rapid strep test
Bronchitis	→ 4. Chest X-ray (if persistent cough)

Bonus: Why might a chest X-ray be ordered even in a mild respiratory illness?

A CXR may be ordered to rule out pneumonia or other complications, especially if symptoms are persistent.

Part 4: Nursing Interventions Brainstorm (4 minutes)

Abbey Fike

List **two nursing interventions** you would recommend for Alex (non-pharmacologic is okay!).

- 1) Promote rest to support immune system recovery.
- 2) Encourage fluids and electrolytes to prevent dehydration and fluid/electrolyte imbalances.

 **Optional Challenge**

Create a quick **mnemonic** to remember symptoms of the **common cold**.

COLD-FR: Cough, overall fatigue, low-grade fever, dry throat, frequent sneezing, runny nose.