

Respiratory Class Preparation Part 1 Day 1

Match the following term to the definition:

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

Tidal volume: C

Inspiratory reserve volume: B

Total lung capacity: A

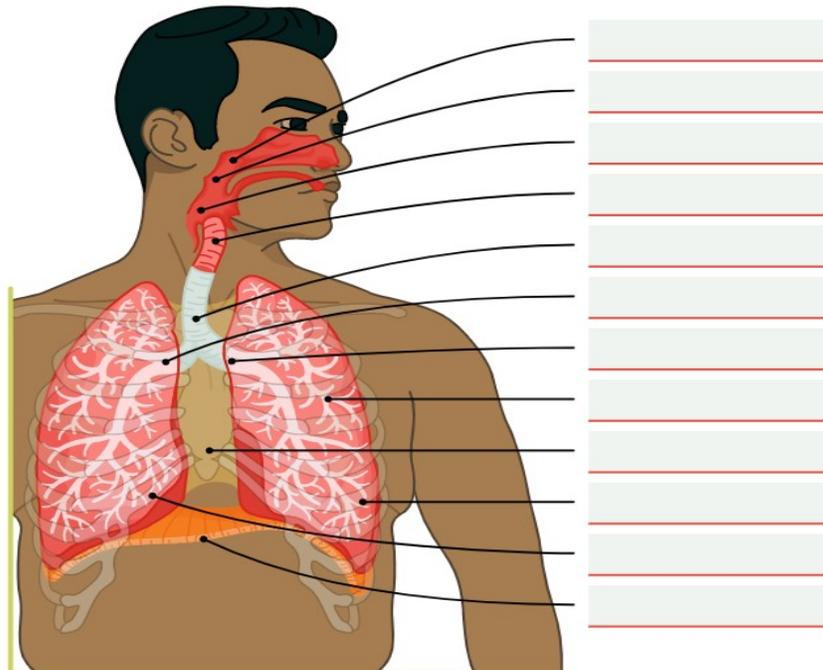
Expiratory reserve volume: D

Residual volume: F

Vital capacity: E

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

Right bronchus Oropharynx Diaphragm Left bronchus Trachea Bronchioles Right lung Nasopharynx Laryngopharynx Left lung
Larynx Mediastinum



Order goes in: Nasopharynx, Oropharynx, Laryngopharynx, Larynx, Trachea, Bronchioles, Right bronchus, right lung, Left bronchus, left lung, mediastinum, diaphragm

☐ 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

Allergic Rhinitis: runny nose, sore throat

Laryngitis: Sore throat, fever, dry cough, runny nose

Sinusitis: runny nose

Pharyngitis: sore throat, cough, fever

Common cold: dry cough, fever, runny nose, sore throat

Influenza: fever, dry cough, runny nose, sore throat

Bronchitis: dry cough, fever

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

Influenza possibly but most likely just a common cold

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
- B. Listening for adventitious lung sounds
- C. Asking about smoking history
- D. Measuring oxygen saturation
- 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.

You might find that the patient has a slight fever, with a runny nose, sore throat with a dry cough, along with feeling very fatigued. They should have normal lung sounds and a good oxygen saturation rate due to his age still being so young.

Part 3: Diagnostic Match-Up

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

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

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

So you can see if there is fluid within the lungs.

Part 4: Nursing Interventions Brainstorm (4 minutes)

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

Example: Encourage fluids to loosen mucus.

1. Ambulate, get out of bed
2. Use incentive spirometer to open up lungs

Optional Challenge

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

RUNNY

Runny nose

Unusual fatigue

Nasal congestion

Niggling cough

Yucky sore throat