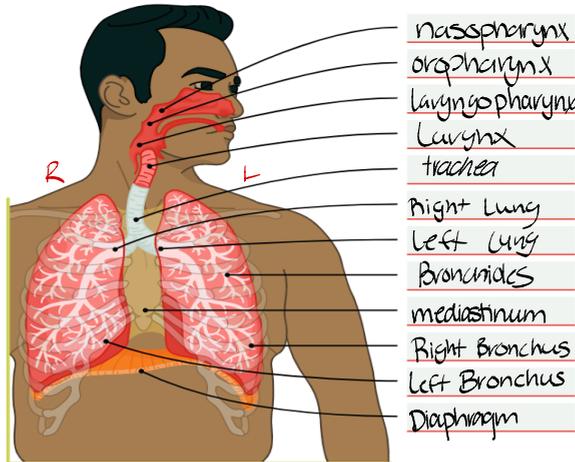


Respiratory Class Preparation Part 1 Day 1

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>d</u> | b. The maximum volume of air that can be inhaled forcefully after normal inhalation |
| 3. Total lung capacity <u>a</u> | f. The volume of air inspired and expired with each breath |
| 4. Expiratory reserve volume <u>e</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>b</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.



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

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?

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.

I would expect discolored mucus and congestion. When assessing lung sounds possible/able some crackles due to coughing. Also mild fatigue and fever.

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?

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.

Promote rest and cluster care

Teach coughing and hand hygiene

Optional Challenge

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

C - congestion
O - oropharynx sore
L - low-grade fever
D - drippy nose
A - Achoo "sneezing"
I - Irritated dry cough
R - Run-down feeling (fatigue)