Respiratory Class Preparation Part 1 Day 1

Match the following term to the definition:

1. Tidal volume ___c___
2. Inspiratory reserve volume ___b___
3. Total lung capacity ___a___
4. Expiratory reserve volume ___d___
5. Residual volume ___f___
6. Vital capacity ___e___

a. The maximum volume of air that lungs can contain

b. The maximum volume of air that can be inhaled forcefully after normal inhalation

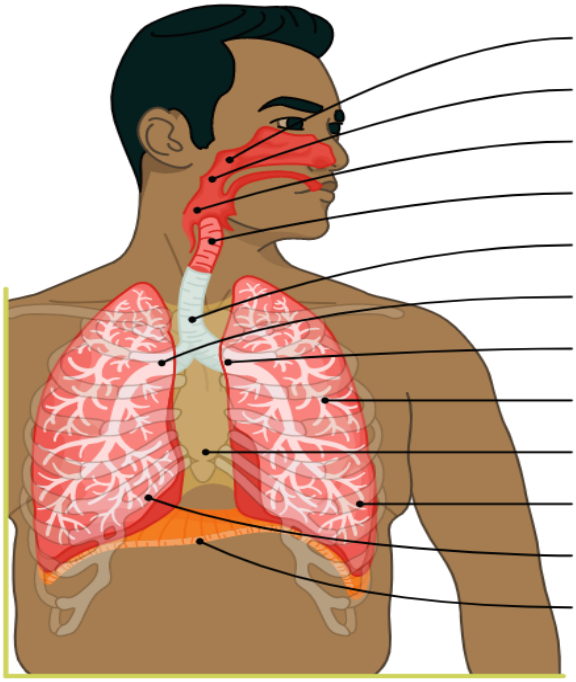
c. The volume of air inspired and expired with each breath

d. The amount of additional air that can be forcefully expelled after a typical expiration

e. The maximum volume of air that that can be expelled after maximal inspiration

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

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? 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 may expect to find abnormal sounds in lungs such as wheezing or crackles due to possible mucus build up and runny noses. You may also expect to see fatigue, short of breath, lethargic, etc. You may also expect to a possible decreases in oxygen saturation levels.

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?

To provide an accurate diagnosis, but to also help rule out more severe infections such as pneumonia to.

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.

Take big deep breaths or use your Incentive Spirometer to help expand the lungs.

Ensure a healthy diet for recovering
