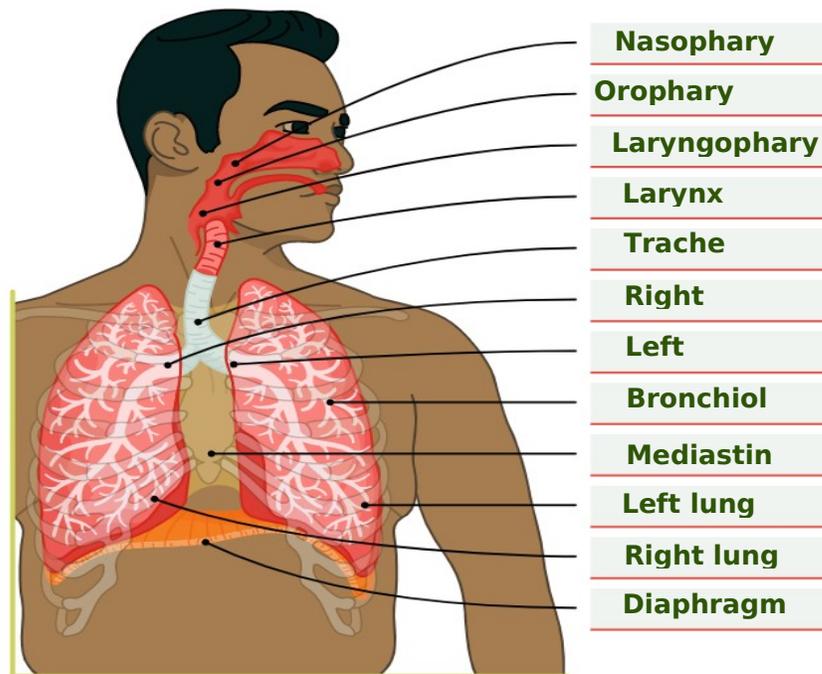


Respiratory Class Preparation Part 1 Day 1

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.



- 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?

The *most likely* diagnosis for Alex is the **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 – this would help the nurse determine Alex’s work of breathing/effort/pattern
- B. Listening for adventitious lung sounds-any abnormal sounds [ie: wheezing, crackles, stridor] could be an indicator of further problems
- C. Asking about smoking history- social history of smoking can increase risk for impaired gas exchange/respiratory issues
- D. Measuring oxygen saturation- Alex’s SPO2 levels would determine how much oxygen he is actually getting
- 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.

Some abnormal findings you would expect with someone with a common cold would be a sore throat, a dry cough, possible nasal congestion/sneezing, and a runny nose.

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 chest x-ray might still be ordered even in a mild respiratory illness to make sure there are no signs/ to rule out pneumonia.

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.

- Encourage non-pharmacologic energy conservation techniques, such as rest, to provide comfort.
 - Encourage effective coughing and to gently blow their nose to clear mucus from the airway.
-

□ **Optional Challenge**

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

A: Aches (mild muscle/body aches)

C: Congestion

H: Headache/head heaviness

O: Overflow of mucus (runny/stuffy nose)

O: Off/overtired (fatigue and malaise)
