Respiratory Class Preparation Part 1 Day 1

Match the following term to the definition:

1. Tidal volume _____
2. Inspiratory reserve volume _____
3. Total lung capacity _____
4. Expiratory reserve volume _____
5. Residual volume _____
6. Vital capacity _____

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

1. C
2. B
3. A
4. D
5. F
6. 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 |
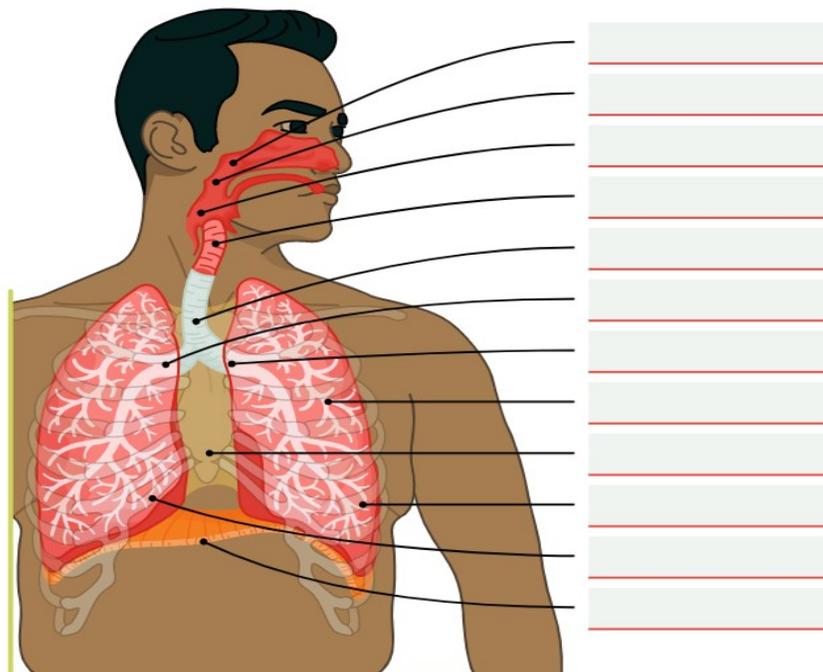
Order : nasopharynx, oropharynx, larynx, trachea, bronchioles, right bronchus, right lung, left bronchus, left lung

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 : sore throat, runny nose

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?

I think the likely diagnosis is either influenza or 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**
- **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 expect Alex to have a slight fever, sore throat, and a runny nose. He might have an increased respiratory rate if he has congestion and cannot breathe out of his 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)

1. Influenza
2. Sinusitis
3. Pharyngitis
4. bronchitis

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

You would be able to see if there is any fluids in the lungs.

Part 4: Nursing Interventions Brainstorm (4 minutes)

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

High-Fowler's to open up the lungs.

Incentive spirometer to loosen mucus and help cough.

Example: Encourage fluids to loosen mucus.

 Optional Challenge

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