

Respiratory Class Preparation Part 1 Day 1

Match the following term to the definition:

- | | |
|-------------------------------------|---------------------------------------------------------------------------------------------------------|
| 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 expired after a typical expiration |
| 5. Residual volume _____ | e. The maximum volume of air that can be expelled after maximal inspiration |
| 6. Vital capacity _____ | f. The amount of air remaining in the lungs/alveoli after expiration that is available for gas exchange |

C, B, A, D, F, E

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

1-nasopharynx

2-oropharynx

3-laryngopharynx

4-larynx

5-trachea

6-right bronchus

7-left bronchus

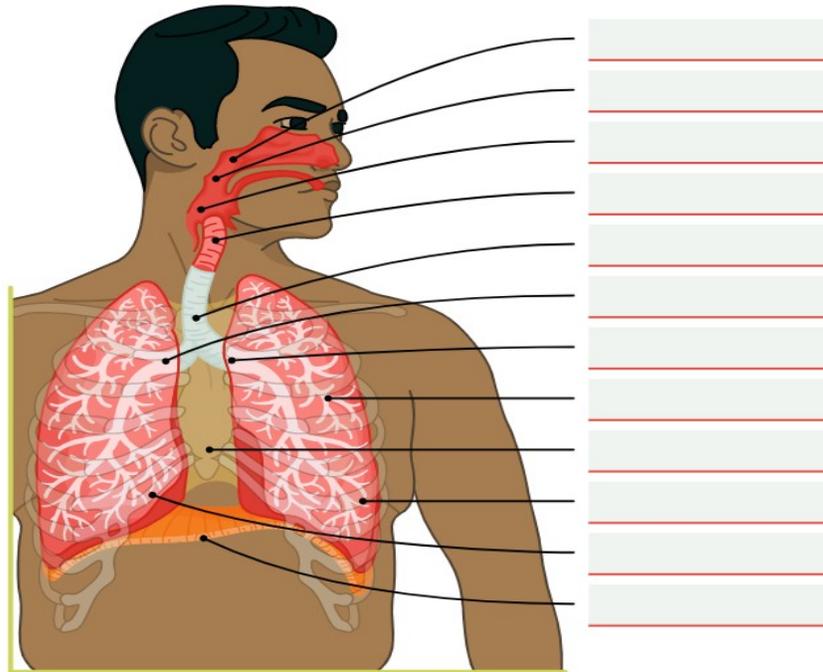
8-right lung

9-left lung

10-bronchioles

11-diaphragm

12-mediastinum



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 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.

Abnormal findings that I would anticipate are congestion, and a nasal drip cough due to such congestion. I think that the breath sounds would be coarse and with slight wheezing.

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?

An x-ray may be ordered to make sure the patient does not have 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.

I would recommend that Alex remains with his upper body elevated while in bed to keep his lungs open and I would encourage deep breathing to prevent pneumonia. I would also recommend as an intervention that Alex gets lots of rest.

Optional Challenge

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

C-Congestion

O-Onset of fatigue.

L-Listen to lungs.

D-Dry throat and cough.