

Reflection: Gas Exchange

The Tuberculosis video went over most of what was covered in lecture; however, it did go into further detail regarding some material. For example, I was informed through this video that tuberculosis is one of the oldest disease processes to date. I was also made aware that there is a possibility of false negative with tuberculosis. This issue happens, more often, when a patient is recently infected and their immune system has yet to react to the bacteria. Another interesting point made in this video is the use of the BCG vaccine. This vaccine is not recommended in the U.S, but is used in countries where this disease is more prevalent. This is yet another subject touched upon in lecture, but I was not aware that this vaccine is not effective in adults (“Tuberculosis,” 2015).

There was much to be learned in the COPD video. Interestingly enough, it went into further detail in the explanation of the differences between emphysema and chronic bronchitis (especially at a cellular level). For instance, it was stated during the video that issues brought upon by emphysema are related to the main damage taking place in the alveolar walls. In emphysema, alveoli lose shape...larger and fewer sacs occur instead of several smaller ones. As a result, the total surface area used for gas exchange is largely reduced. Whereas, in chronic bronchitis, the lining of the air walls are clogged with mucous. The damage from chronic bronchitis causes the hindered breathing for a patient (“Emphysema & Bronchitis: COPD,” 2016). I very much enjoyed this video as it went into more detail at a cellular level. It allowed me to have a deeper understanding of the material when I had knowledge of the smaller issues occurring in this disease process.

The sleep apnea video was unique in the fact that it went into deeper detail in terms of the physiology of this health issue. The narrator spends a decent amount of time talking about what causes sleep apnea, particularly the blockage of an individual’s airway. In a patient’s airway, fat can accumulate and the tissue can be so large that it can cause an obstruction. During sleep, the muscles, including those in the airway, go to sleep as well (they relax) which causes them to become more flexible. Sleep can cause the tongue muscle to be pushed back and that can cause a blockage of airflow to the lungs (“Obstructive Sleep Apnea,” 2012). Again, going into deeper detail in the causes of sleep apnea helps develop a deeper understanding of the disease process as a whole.

What I learned in the pneumonia video is that there are different types of pneumonia that are all umbrellaed under the term “pneumonia.” As an example, in bronchial pneumonia one or both lungs get patches within them. In lobar pneumonia, one or more of the five main lobes are infected (“Pneumonia,” 2016). This material was not something that was touched on in our lecture which is why I found this video to be so informative and interesting. There can be more than one type of pneumonia, but the end results are virtually the same. In regards to the chest tube video, the narrator did go into more detail with a mediastinal chest tube. Something that was discussed in lecture but not in much detail. This tube is placed under the sternum in the mediastinal space to help drain fluid or blood that is surrounding the heart after cardiac surgery. The extra fluid or blood can compress the heart and cause cardiac tamponade. One take away from this video, all chest tubes usually serve the same purpose, but the issues causing the placement of a chest tube can differ (“Chest Tubes Nursing Care Management Assessment NCLEX,” 2016).

I found all of these videos to be very informative and include another perspective of the material we are in the process of learning. What I enjoyed most about the videos was the

physiology included in all of them. Having an understanding on what is going on a smaller level during a disease process aids in the process of understanding the bigger the picture. Having another mode of learning in addition to your teacher's delivery and the knowledge your peers may have is marginally helpful.

Reference Sheet

- Chest Tubes Nursing Care Management Assessment NCLEX ... (2016, August 03). Retrieved January 18, 2021, from <https://www.youtube.com/watch?v=JB-CqwMyrTM>
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