

YouTube Videos: Learning Reflection

Tuberculosis- Throughout this video I learned that Tuberculosis is a highly contagious bacterial infection that begins in the lungs and can rapidly travel and infect other organs within the body if not treated. It is one of the leading causes of infection and death in adults, especially those in foreign countries which are at a higher risk. One thing I found interesting about TB is that infection occurs NOT when the particles are big, but when they are small enough to cross the upper respiratory defense and reach the lungs where they will spread. Symptoms of TB can vary due to the different type or stage of the infection.

COPD- Chronic Obstructive Pulmonary Disease is a term used for 2 different chronic lung diseases, which hinder breathing by limiting airflow and becoming severe over time. Emphysema and Chronic Bronchitis are the two types of COPD which can cause damage to different aspects of the lungs and hinder the breathing process. COPD is a progressive disease in which the number one cause is smoking. One of the most important factors I learned throughout this video is that while the damage of COPD is irreversible, medications and lifestyle changes, such as quitting smoking, can help slow down the progression.

Sleep Apnea- Obstructive Sleep Apnea occurs when the tissues in the back of the throat become obstructed while sleeping and airflow is ultimately cut off. This leads to a cycle of oxygen saturation levels which are constantly decreasing and increasing each time the body sleeps and wakes due to the inability to breathe from the obstruction. Being supine and REM sleep are two extremely important factors which can make sleep apnea worse. I found the risk factors of men vs. women in regard to sleep apnea to be very interesting, as well as how much a higher weight or increased amount of neck fat can impact the risk of sleep apnea.

Pneumonia- Pneumonia is a condition in which the inflamed alveoli are filled with puss or fluid making it difficult to breathe. Types of pneumonia can be classified by the parts of the lungs which are infected and how the infection was inquired. Throughout this video I learned that there are many different ways in which pneumonia can be acquired, including Hospital Acquired Pneumonia, Ventilator Acquired Pneumonia, and Aspiration Pneumonia, etc. Different types of pneumonia mean different type specific treatment options such as antibiotics vs. antivirals. The most common cause of pneumonia is bacterial, and the leading bacterial pneumonia is streptococcus pneumonia. While pneumonia is treated based on severity, type, and age, it is very important to deliver antibiotics, etc., within the first 6 hours of being diagnosed.

Chest Tubes- Throughout this video I learned that there are different types and purposes of chest tubes, one is a tube inserted into the pleural space to help remove air or fluid and help the lung to re-expand, and another is a tube placed to drain fluid from around the heart after cardiac surgery. Chest tubes can use either wet suction or dry suction. Wet suction tubes are controlled by the height of the water in the suction control chamber, while dry suction tubes use a suction monitor bellow. Air or fluid in the pleural space can lead to lung collapse, which is why the use of chest tubes are very important. It is crucial to be monitoring the amount of drainage in the collection chamber to be able to report to the HCP, as well as any excessive bubbling which could mean an air leak. I found clamping a chest tube to be a very important concept due to the fact that clamping it can increase the patient's risk for a tension pneumothorax.