

Tuberculosis: What I learned about Tuberculosis from the video is that it's a highly contagious disease. It all starts off at the lungs where it can be coughed out into the air and spread through air particles. The symptoms will be a productive cough for 3 weeks or more with a green or yellow sputum, hemoptysis, malaise, night sweats, fever or chills. To find out if your infected with this disease would be a way to diagnose it, which would be a chest x-ray, sputum examination, culture, TB skin test or a IGRA test. The medications used to treat TB are Rifampin, Pyrazinamide, Ethambutol, and Isoniazid. It is recommended not to use Rifampin and Pyrazinamide together since it can cause more liver injury. There is also a (BCG) vaccine but in the USA, it's not recommended for general use. We all have to take precautionary measures.

COPD: What I learned about COPD from the video is that it's a progressive disease. It can cause a clogging of the air passages due to mucus or inflammation of the walls of the air passage. There are two types of COPD which is emphysema and chronic bronchitis. They are both common to happen at the same time. The risk factors are smoking, air pollution, prolonged exposure to lung irritants, and genetic conditions, which is rare. The symptoms would be a persistent cough for 3 or more months, dyspnea, respiratory infections, wheezing and fatigue. Advanced symptoms would be having a barrel chest, cyanosis, lack of mental alertness, and nail clubbing. To diagnose this disease would be using the spirometry to confirm. COPD is a damage that is irreversible. To treat COPD would be to quit smoking, avoid lung irritants, and to use bronchodilators, inhaled steroids and other medications. A prevention would be not to smoke.

Pneumonia: What I learned about Pneumonia is that there are many viruses that can provoke this disease to become worse. There are many symptoms that can differ by patient, but they are coughing with possible sputum, sweating, fever, chills, pleuritic pain, and N/V/D. We can hear their lung sounds to check how they are either diminished, wheezing or crackle sounds. To diagnose this disease would be a sputum test and a blood test as well as a chest x-ray to view their lungs. Some measures we would take would be drawing blood for a culture prior to administering antibiotics and delivering antibiotics within the first 6 hours to prevent any mortality. The treatment for this disease would be antibiotics and taken as prescribed. We will let our patients know to wash their hands well, to quit smoking, to eat a healthy meal. A way to stay protected is to vaccinate ourselves and immunocompromised adults with a medical condition.

Chest Tubes: What I learned about chest tubes is that its purpose is to remove air or fluid from the pleural space to help the lung expand. Our lungs need a negative pressure in the pleural space in between the visceral & parietal pleura. Our nursing interventions would be to monitor the patient's respiratory status, monitor the drain system and the surroundings. We keep the drainage system and the tubing below the patient's chest. We have to make sure connections are sealed & it is draining. When checking the drainage, we check the amount and color. The tubing we have to keep it free from kinks and let it drain freely. If there is excessive bubbling in the drainage system, then it could indicate air in the lung which is an air leak. We will always want to monitor our patient's lung sounds, rate, insertion site, and check if any subcutaneous emphysema.

Obstructive Sleep Apnea: What I learned about sleep apnea is that there's a blockage that there's no air way for the person to breathe appropriately because of the obstruction. The risk factors for this disease would be smokers, obesity, male/women, race, age, and genetic factors. There are lots of other factors as well that can intervene with sleep apnea. A way to diagnose this would be to do a polysomnography a night or two to do a study on their sleep. To treat sleep apnea would be to elevate head of bed or avoiding alcohol & sedatives 3 to 4 hours before. If its severe then to treat it, we can use a CPAP or a BIPAP to help during their sleep which is a mask they should carry always with them.